

# Ulliance RESPONSE

## Current and practical information for Employees Helping Yourself Deal with the Boston Marathon Explosions

The country continues to grieve after the explosions at the Boston Marathon. Tragic events like this one can bring up many feelings for us and our children. We may experience a great deal of anxiety, especially if this event brings up feelings from previous losses in our lives as well as a concern for our own mortality.

It is important to understand that fear and anxiety are normal reactions to these types of unfathomable acts. If you are very anxious, it may be helpful to turn off the television, radio or computer. Learning every detail as it emerges may only increase your feelings of anxiety. Try to remember that although this event is receiving a great deal of media attention, it is still a very rare occurrence.

There are other things you can do to take action to decrease your anxiety level.

- Take control and make your own emergency plans and protocols for your family.
- Consider doing something to help like giving to a cause or donating blood.
- Join efforts in your community to respond to the explosions.

It may also help to talk to others about how you are feeling. Find a friend or family member and discuss this tragedy. This is a way to allow you to express your feelings. Talking to a mental health professional about your feelings can help.

### Help from the Life Advisor EAP

You have access to the Life Advisor Employee Assistance Program (EAP) benefit from Ulliance. Call to speak with someone or make an appointment for an in-person counseling session. This benefit is provided to you through your employer at no cost. The Life Advisor EAP is confidential and is available to the whole family.

Valuable information is also available to you through the Life Enhancement Resource Center at [www.LifeAdvisorEAP.com](http://www.LifeAdvisorEAP.com). To login, enter your company name and the city in which you work.

### Recognizing When Others Need Help

Sometimes people need help to deal with a traumatic event. People directly affected by the explosions, people who have been through other traumatic events and those with emotional problems are more likely to need professional help. A person may need extra help coping if, a month after an incident, they:

- Feel very upset or fearful most of the time
- Act very differently compared to before the trauma
- Can't work or take care of their kids
- Have important relationships that are continuing to get worse
- Use drugs or alcohol too much
- Feel jumpy or have frequent nightmares

**Ulliance provides no cost, confidential,  
short term counseling for your family.  
Contact us at 1-800-448-8326.**

