



SPECIAL EDITION of SOLUTIONS

Your EAP Newsletter

September 2017

The world is experiencing extreme astronomical events from hurricanes, floods, earthquakes and fires. How are we to think, feel and cope in these times? In some way, we are all touched by these devastating and traumatic events. A friend or family member may be directly impacted, children may experience fear, you may want to reach out and help.

The EAP is offering this special edition of the Solutions Newsletter in hopes of offering support, coping strategies, and information that may be useful to you and your loved ones. Please call upon us if we can support you during this time.

How to be Grateful When Times are Tough

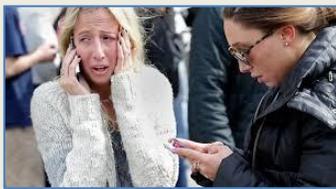


"Being grateful" is common advice that everyone has heard: We all know that focusing on what you have instead of what you

don't have, can make you a happier person.

But, let's face reality: It's difficult to be grateful when you don't feel that way. If things are not going well, the last thing you want to do is "look on the bright side" or "focus on the positive." You're entitled to feel skeptical about being grateful, right? For more from this article [click here](#).

How to Communicate with Loved Ones in a Disaster



After a major disaster, it can often be difficult to communicate with loved ones. Hurricanes, tornadoes and other emergencies can cause

power outages and result in overwhelmed cellular services, sometimes making normal lines of communication nearly impossible...

The Federal Communications Commission offers suggestions on how to prepare to communicate, before disaster even strikes: [click here](#) for additional information.

How to Talk to Children about Difficult News



Children's lives are touched by trauma on a regular basis, no matter how much parents or teachers try to keep the "bad things" away.

Instead of shielding children from the dangers, violence or tragedies around us, adults should talk to kids about what is happening.

The conversation may not seem easy, but taking a proactive stance, discussing difficult events in age-appropriate language can help a child feel safer and more secure. [Click here](#) for more information.

Managing Traumatic Stress: Dealing with Hurricanes from Afar



Even if you were not directly affected by the hurricanes, you may be distressed from watching images of the destruction and worrying about people's who lives

have been turned upside down. This can be especially true if a relative or loved one was affected by the disaster.

APA offers the following suggestions on for managing your hurricane-related distress: [click here](#) for more information.