



Here to talk

Dealing with uncertainty

Aetna Resources For LivingSM

How are you? If you're like many people, you may be feeling confused and concerned about what happened in Washington, D.C. on Wednesday, January 6. Watching chaos at the Capitol created lots of emotions for all Americans.

Are you angry, worried or unsure of what's next? If so, you're not alone. Below are some coping mechanisms to help you:

- **First, calm yourself.** Take action to de-stress. Go for some long walks, take soothing hot showers or baths, write down your feelings to share or just keep to yourself. Slow down your breathing. Be more conscious of the stress in your body and try to let it go. You'll think and feel better when you get in a more relaxed state.
- **Remember, you can only control you.** Whatever your feelings or reactions, you can only control you. Try not to engage in arguments with others who have a different point of view right now. Things are too fresh and too "hot." Table those conversations for a later time when there is more objectivity all around. Right now, take care of you.

- **If you're a parent, be there for your kids.** Depending on their ages, children may or may not have feelings about the events at the Capitol. If they're old enough and seem concerned, be there to help them. Encourage them to talk about their feelings. Let them know they have a right to whatever they feel. Explain things as best you can. Give them reassurance that everything will be okay. Teach them some de-stressing techniques too.
- **Keep eating healthy and getting sleep.** These are the foundations of dealing with any form of stress. When life is challenging, you need all your energy to handle it.
- **Reach out for help.** If you're feeling scared, depressed or stressed to the point that you're having trouble doing routine things, you may need support. Reach out to RFL for 24/7 help. We're standing by to help you deal with whatever you're feeling.

Things may seem upside down right now. Uncertain feelings are normal. But if you need to talk to someone, we're here for you, 24/7.



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