



# Help Starts Here.

Washington State Employee Assistance Program

## RUSSIA/UKRAINE CONFLICT - CRISIS SUPPORT AND RESOURCES

The news out of the Russia/Ukraine region is disturbing and disheartening. As the conflict escalates and as violence becomes a reality, the emotional toll for many – especially those with strong connections to the region – is heavy. You, your coworkers, your colleagues and your teams may experience stress and anxiety in the days ahead. The Washington State Employee Assistance Program (EAP) offers the below suggestions, resources and tools to support you as you navigate this very difficult time.

### Some Suggestions for the Days Ahead

- **Acknowledge your thoughts and feelings** and talk with your friends, family and/or supportive people in your network.
- **Stay informed but set boundaries for social media and news consumption.** You don't have control over what is happening in the world, but you do have control over disconnecting from your devices. Instead, participate in an activity that supports your mental and physical health.
- **Identify what is and is not in your scope of control and influence** and focus on the things in your control.
- **Get involved.** Take actions that align with your values and that give you a sense of control and influence. Volunteer. Join a peaceful demonstration. Attend local government or town hall meetings.
- **Prioritize your health.** Even when you don't feel like it, prioritize eating healthy foods, getting physical activity, and practicing [good sleep hygiene](#).
- **Minimize/eliminate negative interactions with others.** Political and social conflict can make for emotionally charged conversations. In the interest of self-preservation and self-care, stepping away from difficult conversations or changing the subject might be the best direction.
- **Seek Calm.** Reduce stress through mindfulness and meditation practices.
- **Get Help.** Watch for self-talk about "being strong", "going it alone", or not wanting to "burden" others. When emotional challenges are big, it's reasonable – and can be beneficial - to reach out to a friend, family member or mental health professional.



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## Washington State Employee Assistance Program (EAP) Resources

The EAP is here to help promote your wellbeing. Visit [our web site](#) or call (877) 313 – 4455 to learn more about our services.

These EAP on-demand webinars hosted on YouTube may provide support during this time:

- [Strategies for Stress Management](#)
- [Self-Care with the Washington State EAP](#)
- [How to Build Resilience When Your Job Involves Helping Others in Crisis](#)

## Community, State-wide and Federal Resources

- [Washington Immigrant Network](#)
- [Ukrainian Association of Washington](#)
- [Ukrainian Community Center of Washington](#)
- [211 Washington](#)
- [U.S. Department of State - Ukraine](#)

## Resources for Families with Children

- [How to Talk to Kids About Violence, Crime and War](#)
- [Talking to Your Kids About War](#)
- [Coping With War-Related Stress: Information for Military Families and Communities](#)

## Crisis Support

- [National Suicide Prevention Lifeline](#)
- [Military/Veterans Crisis Line](#)
- [Crisis Text Line](#)
- [County Crisis Lines](#)

## Self-care and Mindfulness Tools and Resources

- [Self-care Assessment](#) (PDF)
- [Self-care Wheel](#) (PDF)
- [Four Square Breathing](#)
- [Calm/myStrength](#) (for Kaiser Permanente members)
- [Regence Empower](#) (for Regence members)
- [Calm Channel](#) (YouTube)

Washington State EAP is accessible, free, and confidential.  
Contact us today at **877.313.4455** or **eap.wa.gov**