



## Responding to Community Unrest

Many people are struggling with a sense of unrest as acts of racial injustice and community protests intensify. Exposure to traumatic events, either personally or via media, can lead to feelings of anger, fear, anxiety and helplessness, as well as a loss of trust. In some cases, it can overwhelm person's ability to cope.

If you are struggling:

- Remind yourself that you are not alone
- Talk to others who understand and respect how you feel
- Limit your exposure to news and social media
- Make sure to exercise and eat healthy meals
- Allow yourself to feel joy at times and to cry when you need to

Remember, whatever difficulties you're facing, Claremont EAP is here to help.

Claremont provides information, resources and counseling on any of the challenges that life may bring.

**To access your free and confidential counseling, legal and financial consultations and work/life referrals, call:**

**800-834-3773**

**[www.claremonteap.com](http://www.claremonteap.com)  
[positivitycenter.org](http://positivitycenter.org)**