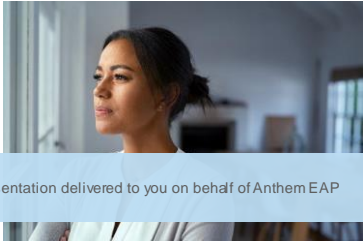



Living in Uncertain Times

A presentation delivered to you on behalf of Anthem EAP

Anthem EAP



1



“The quest for certainty blocks the search for meaning. Uncertainty is the very condition to impel man to unfold his powers.”

— Erich Fromm

2

Trigger Events

- Challenger Space Shuttle
- Columbine Shooting
- Oklahoma City Bombing
- September 11th
- Boston Marathon
- San Bernardino, CA Office Shooting
- Aurora, CO Movie Theatre Shooting
- Fort Hood, TX Shooting
- Washington Navy Yard, DC
- Newtown School Shooting
- Orlando, FL Pulse Nightclub Shooting

And on and on...

3

Why is it Challenging for Us?

- We are wired to be "planners"
- Terrorism is a "new concept"
- Fear for ourselves and our families
- Life can change in a nano-second
- Painful to hear stories



4

Where to Start?

- Accept a new normal
- Focus on positive stories
- Focus on facts:
 - There is a 1 in 1.5 million chance of a child being abducted.
 - There is a 1 in 3 chance of a child being obese
 - Watch your media intake

5

How to Handle

- Focus on what you can control
- Create a mission statement
- Get involved
- Talk, Talk, Talk
- Learn to laugh more
- Build relationships

6

Manage Anxiety



- Know what works for you
- Be sure to be preventative
 - Sleep
 - Nutrition
 - Exercise

7

Parenting

- Let your children be children
- Talk to them about the events
- Be accurate about the rarity of the events
- Encourage them to be compassionate
- Look for signs of anxiety

8

Best Techniques for You and Your Family


- Cognitive behavioral therapy
 - Focus on changing attitudes then behaviors
- Breathing Techniques
- Distractions
 - Turn off the media
- Stay away from "worriers"
- Become part of a solution – change agent
- Travel and see how safe the world is

9

Thinking Points

I can't control when or if something bad happens. It's out of my hands, and no amount of worrying will prevent it.

But I can control how I behave each day and how I take care of myself.



10

Evaluation

Survey QR Code



11

Anthem EAP is here for you.

Visit the website: antheeap.com
And enter company code: Fulton
Call us: 800-999-7222



12

THANK YOU FOR PARTICIPATING!

Living in Uncertain Times



SWP products are offered by Arden Life Insurance Company, Inc. in New York, Arden SWP products are offered by Arden Life & Disability Insurance Company, Inc. in California. Arden SWP products are offered by Arden Life Group of Companies using the trade name Arden Life Group. ARDEN is a registered trademark, like all of the Arden SWP vehicle, constitutes your agreement with our Terms of Use.

13

[illegible]