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Managing Overwhelming Events

There are times when overwhelming and unpredictable events take us well beyond any degree of stress we would identify as normal. These situations or events arise in ways that we feel helpless to control. Once they have occurred, however, we can begin to make some choices about how to best deal with their impact on us.

Please remember two important steps to consider in any response to overwhelming events. First, make sure to stay connected to your support networks – personal, professional, and spiritual. Second, practice self-care consciously. When demands seem overwhelming, we stand a much better chance of getting back on track in a reasonable time frame if we're taking good care of ourselves and have others to reach out to for guidance, support, and encouragement.

When stress levels are high, constructing an effective action plan is difficult at best. Please remember that your Employee Assistance Program is here to help you and your family.

Your Employee Assistance Program is provided by The Sand Creek Group, Ltd.



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