



# Dealing with feelings during frightening times

## Aetna Resources For Living<sup>SM</sup>

There's no question these are scary times. We're suffering through chaotic aftershocks of a terrible act of violence. Is it any wonder we're experiencing very strong feelings now?

### Common feelings in uncommon times

Fear, sadness, grief and anger — these are normal emotions and, right now, you may feel them intensely. Or, you may even feel numb. Why? It may be that life has never seemed so fragile. And perhaps you've never felt so vulnerable.

When you feel vulnerable or helpless, you may want to lash out. Or, you may turn anger and negativity on yourself or others close to you. You may have more quarrels at home, feel short-tempered, cry, yell or get depressed.

### What you can do to deal with your feelings

Here are some tips for dealing with your feelings during this period:

- 1. Accept them.** If you're human, you've got feelings about what's happening all around you.
- 2. Express them.** If you're sad or scared, cry or talk about it with a trusted friend. If you're about to blow up, walk away, listen to music or take deep breaths to calm down. If you need time alone, ask for it. The key is not to pretend away your emotions but to handle them in a safe, productive way.
- 3. Explore them.** You may want to get professional help to deal with your feelings. We can help you find counselors who are near you or who are meeting via tele-video.

Remember, millions of people are impacted by these events. Whatever you're feeling, you're not alone! We're here to help.

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