

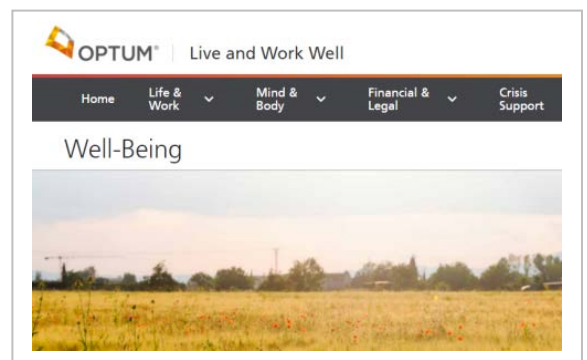
Support for Coping with Traumatic Events



Whether you live nearby or learned about it on the news, traumatic events can be upsetting. We want to support you and your family in coping with difficult times, and remind you of the resources you have as part of your benefit package. We also want to help you talk with your children in a non-frightening way about this sad event.

Your benefit package includes:

- **Support by Phone** –Specially trained, mental health specialists can help you manage your stress and anxiety so you can continue to address your everyday needs. Find it on your live and work well member page.
- Extensive online support resources to review and share with friends and family. Visit www.liveandworkwell.com and register or login with your access code. For coping resources, select the *Life & Work* tab > *Well-Being* > *Coping Center*. For help to reduce stress, select the *Mind & Body* tab > *Mental Health* > *Stress Center*.



Visit www.liveandworkwell.com
Sign in or enter with your access code.

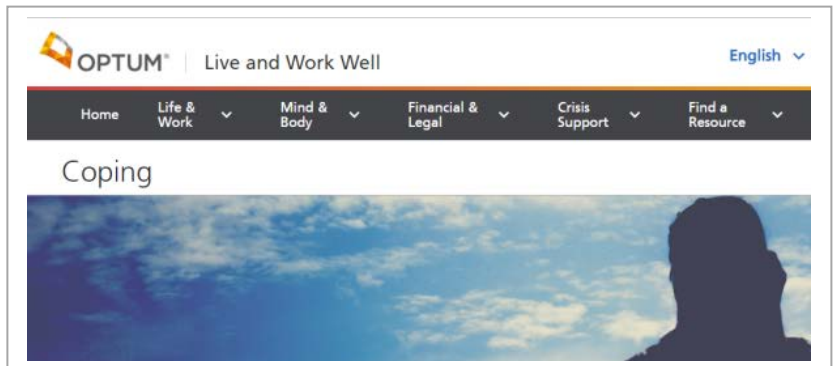
Member Resources

Below are some of the resources provided on liveandworkwell.com to help you through difficult times. Our content is clinician reviewed to provide you with accurate, reliable information.

Coping Center

Find: From the *Life & Work* tab, select *Well-Being* and visit the *Coping Center*. Suggested articles include:

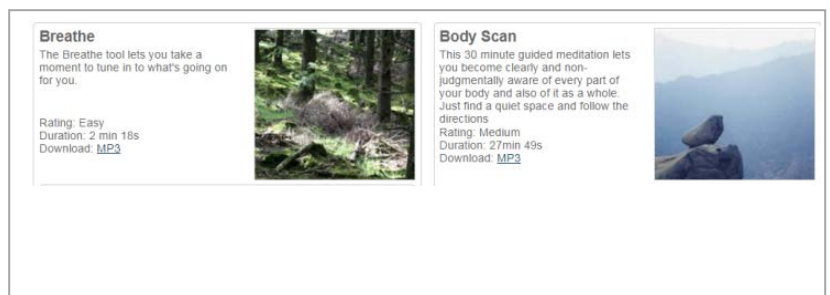
- Things to Remember about Trauma
- Coping with a Traumatic Event
- The Art of Bouncing Back: Developing Resilience



Stress Reduction Center

Find: From the *Mind & Body* tab, select *Mental Health* and visit the *Stress Center*.

- Here you'll find guides, articles, videos and self-help resources.
- Try the relaxation and breathing exercises in the *Mindfulness Tools*.
- Check out the Meditation Guide.



Age-Appropriate Reading for Children/Teens

Find: *Popular Tools* on the member home page or in the *Parenting* centers under Resources.

Liveandworkwell.com's "My Healthy Family" section features age-appropriate support information for children and teens. Our content partner is the award-winning KidsHealth organization.

