

# A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM



## The September 11<sup>th</sup> Anniversary

*Emerging Better, Stronger and Wiser*

*“Man never made any material as resilient  
as the human spirit.”*

- Bern Williams

As our nation approaches the one-year anniversary of the devastating losses of September 11, many of us will recall how deeply affected we were by the terrorist attacks. You may re-experience emotions or reactions you had at the time of the event: fear, anger and hostility, feeling numb, detached or anxious, feeling guilty, sleep disturbances, or a depressed mood. It is important to realize that these are “normal” reactions to an abnormal event.

The following tips can help you prepare for the emotional impact of the September 11 anniversary:

- Expect the incident to upset you.
- Remind yourself that feelings of shock, disbelief, fright and outrage are normal.
- Allow yourself to grieve. Grieving involves:
  - Allowing yourself to feel pain, sadness, and /or anger.
  - Talking about the event with people you trust.
- Limit exposure to media coverage.
- Establish a sense of safety and follow a familiar routine.
- Live your normal life and continue to do the things that you enjoy.
- Exercise and maintain a healthy diet.
- Help others. Collect money to be donated to a charity.
- Try keeping a journal of your thoughts and feelings.
- Spend time with people who have a good perspective and are coping well.
- Know your limits. Be patient with yourself.
- Establish a sense of personal control by identifying the good things in your life.
- Reaffirm your spiritual beliefs.

Remember that we are resilient people and we are a strong nation. We have coped well with what has happened and have emerged better, stronger and wiser. We have learned to ask for help and to offer help. If you or a family member would like additional assistance with the pending anniversary date, please call your Best Care Employee Assistance Program for a free, confidential meeting with a professional counselor. We can be reached 24 hours a day at 1-800-666-8606 or 402-354-8000.

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