

A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM



The September 11th Anniversary *Helping Employees Find A Balance*

*“Have patience with all things, but chiefly,
have patience with yourself.”*
- St. Francis De Sales

As our nation approaches the one-year anniversary of the devastating losses of September 11, many people are anticipating the potentially stressful impact. Some people may re-experience emotions or reactions they had at the time of the event: 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.

Television network executives are planning to air documentaries and specials on the days leading up to the anniversary. On September 11, the major broadcast networks, PBS and the cable news networks will devote most of their programming to the event. Media retrospectives and personal remembrances will unearth many fragile memories.

There are several suggestions you can pass on to employees to help them find a balance:

- Limit media exposure
- Journal thoughts and feelings
- Reaffirm spiritual beliefs
- Seek comfort from friends and family
- Talk about feelings
- Accept the grief
- Maintain a sense of hope

Many companies are also planning special events to commemorate the anniversary and provide emotional support to employees. Some possibilities you may want to consider include:

- Gather together and spend a moment in silence
- Assemble around the company’s flag pole and recite the Pledge of Allegiance
- Collect money for a charitable donation
- Plant a garden or tree as a living memorial
- Offer time for quiet reflection
- Allow time for a discussion group
- Create a wall of memories

Remember, your Best Care Employee Assistance Program is available to offer additional assistance through individual, family or group counseling. Please contact us at 1-800-666-8606 or 402-354-8000.

Best Care
EMPLOYEE ASSISTANCE PROGRAM
