

One Source EAP Connections

How To Relax During Traumatic Stress

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How Can I Possibly Relax Now?

Traumatic events can produce a wide range of intense reactions. The COVID Pandemic definitely fits the traumatic event description! During times like these, it's common to experience physical reactions, such as insomnia and fatigue; emotional reactions like irritability and anxiety; and productivity reactions, including difficulty concentrating, absenteeism or a tendency to overwork.

Learning to activate your body's natural relaxation response, inducing rest and relaxation to stop stress in its tracks, slows your breathing and heart rate, lowers your blood pressure, and brings your body and mind back into balance.

Techniques such as breathing, guided visualization and meditation, to name a few, can help you put the brakes on stress. One Source EAP offers these and more through seminars and [The Calm Collection](#) videos. If stress begins to interrupt your peace of mind or daily life, our network of counselors is here to help. Call **(800) 300-0628** to get started. Calls are answered 24/7/365 and are completely confidential.



Tips to Deal with Traumatic Stress:

Maintain routines but don't overdo it.

Acknowledge that you'll be operating below your normal level for a while.

Structure your time even more carefully than usual.

Maintain control where you can.

Spend time with others

Give yourself time.

[Click here](#) to read the full article, "Common Responses to Acute Trauma," by Thomas Moore, on our blog.

Announcing the New Seminar Series from One Source EAP—Instant Relaxation!

We know your current work demands are intense, so we're offering three Instant Relaxation topics in 15 or 30-minute virtual seminars. This three seminar series will teach immediate stress reduction skills and self-care strategies. Choose one or all three: "Instant Relaxation at Home," "An Experience in Self-Care" and "Instant Relaxation at Work," [Schedule an Instant Relaxation seminar](#) for your team.

And remember, The [Calm Collection](#) original video series can help you anytime, anywhere on any device to reduce stress in just minutes.

