

Employee Assistance Program (EAP) services & Traumatic Events

On the whole, people are quite resilient when it comes to dealing with stress; however, it is a very different experience to cope with the aftermath of tragic and traumatic events. Trying to get on with life can be extremely difficult with the media coverage that keeps the events fresh in our minds. It is this immediate access to so much information and graphic imagery that has enabled the intense grief and loss of those directly involved to become a personal part of our lives as well.



Everyone exists in a state of emotional equilibrium, which is thrown off balance by a traumatic event. When this happens, those who are traumatized can feel like their emotions are on a roller coaster, going from feeling calm and relatively normal to plunging into despair and sadness or shaking with anger. This emotional volatility is normal as each person tries to cope with his or her memories of the recent event and put it into perspective. It takes time to re-establish equilibrium and patience is required. Getting support is an effective way to address the emotional volatility we all feel in traumatic times like these.

In light of the tornado that hit Oklahoma City on May 20th, 2013 we at Employee Resource Systems wanted to remind you that you and your family members have access to Employee Assistance Program services. The EAP benefit is available 24/7 and can be reached at (800) 292-2780.