

Coping After a Threat or Hoax in Our Schools



While the alarms were false, the emotions during and after a hoax or swatting incident can be very real.

If you're feeling a sense of unease or want a **safe and confidential** place to talk, you're not alone.

EAP is here for you.

OVER THE NEXT FEW DAYS, TAKE CARE OF YOURSELF BY:

- Making a plan to **stay connected with others**
- Get plenty of **rest**
- **Focus on what you can control**
- Be careful not to numb the pain with alcohol or other substances
- Increase your physical activity, especially within first few weeks
- **Focus on your breath**
- Love a pet
- Scale back; cut back on your obligations when possible
- **Call EAP.** EAP is here to support you and just listen.

866-660-9533 (24/7)



Request an appointment by scanning the code or visiting www.investeap.org/needassistance

At a time of already-heightened concern over school safety, a spate of hoax calls can have a unique reaction in each of us, even after the alarm has passed. You may have some strong emotional or physical reactions; research shows us that **immediately taking the time to care for ourselves and our community members** can buffer the shock.

What to Expect

These are all normal responses to a school threat:

- Shock is a common first reaction. It can often be followed by disbelief.
- Feelings of anger or a sense of unfairness.
- Grief from prior losses can arise.
- Anxiety about what's to come.
- A need to return to a normal routine.
- Tension or hypervigilance.
- Feeling vulnerable or helpless.
- Needing community or the desire to be together in a safe place.
- Numbness or feeling stunned.

Moving Forward With Resiliency

Now is the time to be gentle with yourself and others. Give yourself and coworkers permission to experience the emotions that come up, even if there is no emotion expressed. There is no "right" or "normal" way to feel, and it's important to express your thoughts and feelings to trusted people.

Surrounding yourself with supportive family, friends, co-workers, or spiritual leaders has a positive effect on your resiliency and ability to cope with stress.

*If you find yourself unable to function or preoccupied with concerns, reach out to us. **Your EAP is here 24/7 to help you at 866-660-9533.***