



## Invest EAP Reminder after Shooting Hoax

***Below is a message from Marc Adams of Invest EAP that was sent via email to all VEHI/PATH Wellness Participants yesterday:***

Invest EAP wanted to reach out and connect after the school hoaxes across the state today.

The first thing to know right now: it's completely normal to be experiencing a wide range of emotions.

When these threats occur, our bodies treat a hoax or a real threat the same. Though your mind became aware that the threat is not real, your body may need help to catch up with this reality and rebalance itself.

This is where a few breaths are essential. Please take some time today to literally **'Catch Your Breath.'**

Another tool to help your system regulate is acceptance. Accepting your feelings just as they are - this is an important step to building resilience. The simple act of naming your emotions has been found to benefit overall wellbeing. So, we invite you to take a moment now to tune into your body and notice how you're feeling.

Know that you are not alone in these difficult events; you have strong school communities, leadership, colleagues, families, and Invest EAP.

**This Invest EAP flyer** has information and resources that may be helpful for you right now, including ways to access support and counseling. If you have any lingering concerns, please reach out to us at Invest EAP and we will work through these concerns together.

Thanks for all you do. Be well and stay connected.

Marc Adams, Director  
Invest EAP/Centers for Wellbeing

This email was sent to Superintendents, School Business Officials, Principals, Human Resources, Local Union Leaders and other Health Plan contacts.

To avoid confusion and to ensure consistency in the delivery of information, when distributing VEHI information do not modify any VEHI communications or attachments.

Please note: For your convenience, all VEHI Communications (sent via Campaign Monitor) can now be found in our archive at [vehi.org/home/campaign-monitors/](http://vehi.org/home/campaign-monitors/).

You're receiving this notification because your school and/or SU are a member of our program.

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