



## Resources *for* Living®

### Coping with civil unrest toolkit

Distressing events can affect everyone who lives through them. Even people who experience these events only through the media can have emotional and stress reactions.

We've put together these resources to help you through these challenging times. You can [download a copy of this toolkit here](#), too.

And remember: You can call us 24/7 to talk about personal or work-related issues. We're always here for you.

**We've put together resources that can help those who have been affected:**

- [Minnesota-based](#)
- [National](#)

**You can call your EAP/Resources For Living (RFL) phone number 24/7 for support.**

**Or if you don't have RFL, you can call us at 1-833-327-2386.**

### Coping with civil unrest resources



**Coping after violence**



**Dealing with differences**



**Dealing with feelings during frightening times**



**Inner strength during challenging times**

This information was brought to you by Resources For Living.