

Managing War-related Anxiety

If you're worried about the war in Ukraine, **you're not alone**. According to a recent survey from the American Psychological Association, Americans are emotionally overwhelmed by current events. Try these tips:

- **Avoid doomscrolling.**
- **Be physically active.**
- **Be mindful.**
- **Take time to unwind.**
- **Connect with others.**

Provided by: Integrity Consulting Group

104 Interchange Plaza, Suite 202, Monroe Township, NJ 08831

(888) 737-4313 customerservice@integritycg.com



INTEGRITY CONSULTING GROUP

Employee Benefits Specialists