



When Crisis Impacts Your Community

Some helpful reminders as we respond to unrest in our community.

Opinions

Everyone will have an opinion and as we have seen, reactions can become heated. Avoid shouting and making accusations. As a representative of the USPS, there is an expectation of respect and dignity in all our interactions with internal and external customers.

Civility

When tensions are running high, this is a great opportunity to refocus the tone to civility. Volunteering, being involved in healthy community activities and being a peaceful leader are all ways you can take part in responding to this need in your hometown.

Media

Shootings, rioting and protests typically gain not only local coverage but national attention. Try to avoid constant consumption of the news. As new details emerge, you will have the opportunity to catch up and monitor information, but step away and take a break.

At Home

Kids are particularly vulnerable during a period of uncertainty. Depending on their age and personality, they may or may not ask questions. Do not assume they are not impacted. Ask them what they have heard and seen. Invite them to ask questions. Your family may spend a good amount of time watching the news. Be careful not to spend too much time watching the news and checking social media as both may cause added stress and anxiety. It will be important to check in with everyone regarding their individual feelings and reactions.

Support

Unrest in our community can be emotionally taxing. It is important to focus on your physical and emotional well being. The EAP is a resource you can rely on to help you process concerns and take care of yourself during these times. We are here for you. Reach out anytime.