

Welcome to this month's newsletter!

 mailchi.mp/uprisehealth/welcome-to-this-months-newsletter-12659039

[View this email in your browser](#)



Welcome to your November Newsletter!
Empowering you with information for your emotional and physical well-being.



Conquering Seasonal Affective Disorder (SAD)

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons, and affects around 5% of the population in the US each year ¹.

Read more about SAD and ways to treat it:

[Click to access](#)



American Indian & Alaska Native Heritage Month

November marks American Indian and Alaska Native Heritage Month, a time to honor the rich history of cultures, traditions, and legacies within native communities.

Visit our blog for more information:

[Click to access](#)



Register for the Upcoming Skill-Building Webinar: Are Your Saboteurs Getting in the Way of Your Relationship?

Get familiar with your inner saboteurs and acknowledge how they got you where you are today.

Register for the November skill-building webinar:

[Register](#)

Support a loved one dealing with substance misuse. Login & click "Webinar"

[Watch](#)

Contact our intake specialists for financial service options.

[Call](#)

Learn more about effective parenting strategies through times of change.

[Read Guide](#)





November is National Family Caregivers Month

Discover the vital role of family caregivers – November is National Family Caregivers Month. Learn about the challenges they face and ways to offer support.

Find out more about family caregivers:

[Click to access](#)

Highlighted Resource



Managing Distress in the Face of the Israel/Palestine Conflict

In the midst of a tragic event, such as the Israel/Palestine conflict, it's entirely understandable that many individuals are grappling with a myriad of complex emotions. From profound shock to deep sorrow and even seething frustration, these emotional responses are completely natural as we seek to comprehend the ongoing situation.






It's essential to discuss how we can help ourselves and our peers in coping with these emotions, especially when the weight of the news becomes overwhelming. Let's explore into the strategies for addressing the emotional aftermath of such ongoing conflicts, experience are normal responses in tumultuous times, and if you need more help than your friends and family can be able to provide, you should contact your EAP for assistance.

Understand Your Feelings Are Normal
It is important to recognize that when faced with tragedy or conflict, there is no "right" way to feel. Shock, sadness, anger, guilt, and despair are all valid reactions; however, you may experience them at different levels depending on your own history and circumstances. It is essential to be gentle with yourself in moments like these as you allow yourself time and space to process your feelings without judgment or expectations. You should also feel comfortable reaching out for support from friends or family—you don't have to go through this alone.

Allow Yourself Time to Heal
Don't rush your healing process—give yourself permission to take any breaks that you need and take things one day at a time. Being kind to yourself is crucial; that includes activities that bring you joy or peace like yoga, meditation, or journaling, while still being mindful not to overwork yourself. If you feel that tasks prove too difficult after an event like this then don't be afraid to ask for help. This is especially true in work where colleagues should be encouraged to look out for each other during emotionally trying times.

Stayed Informed Responsibly
Although it can sometimes be tempting to stay glued to the news cycle when something devastating happens, it is important not to get caught up in an endless scroll of updates and reminders of the situation itself. Everyone processes information differently, but to avoid becoming overwhelmed by consuming too much news, please adhere to these guidelines: **Limit News Intake**—Limit news intake through reliable sources only when necessary—your mental health should always come first.

Tragic events like the ongoing situation in Israel and Palestine will inevitably evoke strong emotions in us, all of us, as we grapple with making sense of what is happening and what is happening. Remember that whatever emotions you experience are normal responses in tumultuous times, and if you need more help than your friends and family may be able to provide, you should contact your EAP for assistance.

Follow us on     

© 2024 Uprise Health

Managing Distress in the Face of the Israel/Palestine Conflict

[Click to access](#)

This newsletter is also available in Spanish

[Click to access](#)

¹<https://www.psychiatry.org/patients-families/seasonal-affective-disorder>

We're here to help.

Please visit our website <https://members.uprisehealth.com/> or follow us on LinkedIn

Phone: [1-866-750-1327](tel:1-866-750-1327)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).
