Managing Anxiety Over the Ukraine Crisis and Current World Events:
Strategies for Coping



About this Program

The military conflict in Eastern Europe has put millions of lives at risk and created a wave of anxiety around the world. Just as pandemic-related fears were being to subside, the 24-7 news cycle is feeding fears of a war spreading across Europe and even globally, as well as a resurgence of stress about nuclearweapons. While it's unclear how this conflict will unfold, or how long it will continue, people may feel stress amid the unknown. Fear of the unknown is especially taxing on young, impressionable minds— families are unsure how to talk about the current situation or how to help themselves or their children cope.

For millions of Americans, Ukraine is the first war of the modern-day Web. Online, people are inclined toward interactivity, participating rather than merely observing what's happening thousands of miles away. Watching ordinary people taking up arms to defend their homes and families against an outsized enemy is relatable, unlike reports and images of trained soldiers fighting a war. The combatants seem more like us, it is easier to feel their pain. Many people are having difficulty pulling themselves away from their televisions, following the invasion in real-time. At the same time, they may feel overwhelmedand frightened about what they are witnessing and what may happen next.

After two years of unrelenting stress, the combine effects of this conflict, the pandemic, climate anxiety, inflation, and political tensions, it can be difficult to cope with more sadness and fear. This one-hour webinar will address the specific sources of anxiety related to the current moment, as well as explore strategies for coping, and helping others around you cope.

Date: June 7, 2022 Time: 2:30-3:30 PM

Registration is required:

https://us02web.zoom.us/webinar/register/WN_XI1_eBwVTzG4zsI7nWynNw

About the Instructor

Steve Crimando, MA, CTM, BCETS, is the founder and principal of Behavioral Science Applications LLC. He is a Certified Threat Manager (CTM) with Association of Threat Assessment Professionals, a Certified Master Trainer with the U.S Department of Homeland Security-National Threat Evaluation & Reporting (NTER) program, and a Board Certified Expert in Traumatic Stress (BCETS). He has more than 30-years' experience assisting communities and organizations responding to violence and conflict. He is a member of ASIS International's Extremism & Political Instability Community (EPIC) Steering Committee, and serves as a consultant and trainer for the United Nations-Office of Operational Support-Special Situations Unit.

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