



# Help Starts Here.

Washington State Employee Assistance Program

## ISRAEL/HAMAS CONFLICT - CRISIS SUPPORT AND RESOURCES

The news about the Israel/Hamas conflict is deeply disturbing, devastating and disheartening. As the conflict continues to escalate and violence broadens, the emotional toll for many – especially those with strong connections to the region – is heavy. You, your coworkers, your colleagues and your teams may experience stress and anxiety in the days ahead. The Washington State Employee Assistance Program (EAP) offers the below suggestions, resources and tools to support you as you navigate this very difficult time.

### Some Suggestions for the Days Ahead

- **Take Care of Yourself.**
  - Practice good sleep [hygiene](#).
  - Engage in physical [activity](#).
  - Practice [mindful eating](#).
  - Practice [grounding](#), [meditative](#), and [relaxation](#) techniques.
  - Find [connection](#) with others.
- **Limit Exposure to Violent Images.**
  - You don't have control over what is happening in the world, but you do have control over disconnecting from your devices. See the linked articles below for tips on how to disconnect.
- **Do Something Positive.**
  - Volunteer by connecting with local community organizations.
  - Prepare care packages, write letters, or donate if you can.
- **Minimize/eliminate negative interactions with others.**
  - Political and social conflict can make for emotionally charged conversations. In the interest of self-preservation and self-care, stepping away from difficult conversations or changing the subject might be the best direction.
- **Get Help.**
  - Watch for self-talk about "being strong", "going it alone", or not wanting to "burden" others. When emotional challenges are big, it's reasonable – and can be beneficial - to reach out to a friend, family member or mental health professional.



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## Washington State Employee Assistance Program (EAP) Resources

The EAP is here to help promote your wellbeing. Visit our [website](#) or call (877) 313 – 4455 to learn more about our services.

These EAP on-demand webinars hosted on YouTube may provide support during this time:

- [Strategies for Stress Management](#)
- [Self-Care with the Washington State EAP](#)
- [How to Build Resilience When Your Job Involves Helping Others in Crisis](#)

## Community, State-wide and Federal Resources

- [Washington Immigrant Network](#)
- [211 Washington](#)
- [U.S. Department of State - Israel](#)

## Resources for Families with Children

- [Nine Tips for Talking with Kids About Trauma](#)
- [How to Talk with Kids About the War in Gaza and Israel](#)
- [Handle with Care: Supporting Young People During Crises](#)

## Crisis Support

- [National Suicide Prevention Lifeline](#)
- [Military/Veterans Crisis Line](#)
- [Crisis Text Line](#)
- [County Crisis Lines](#)

## Self-care and Mindfulness Tools and Resources

- [11 Tips for Protecting Yourself from Upsetting Images on Social Media](#) (article)
- [De-Stressing from Social Media is Easier than You Think](#) (video)
- [How to Protect Your Mental Health While Keeping Tabs on the Israel-Hamas War](#) (article)
- [Workplace Compassion Amid Conflict: A Guide for Employers During the Israeli-Hamas War](#) (article)
- [Self-Compassion Break with Tim Burnett](#) (video)

Washington State EAP is accessible, free, and confidential.  
Contact us today at **877.313.4455** or [eap.wa.gov](#)