

Employee Assistance Program (EAP) Newsletter Article

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“In an era where the 24-hour news cycle and global instability can make the 'weight of the world' feel like a personal burden, it is easy to feel emotionally overextended. Whether it is the stress of international events, economic shifts, or the collective exhaustion of navigating a rapidly changing landscape, these external pressures often seep into our daily lives, affecting our focus, sleep, and overall well-being. Acknowledging that you are struggling isn't a sign of weakness; it's a human response to an unprecedented level of global noise. To help navigate these heavy seasons, our Employee Assistance Program (EAP) provides a confidential, professional support where you can process these pressures and discover individualized coping strategies to improve daily life. From immediate counseling sessions to curated wellness resources, the EAP is designed to help you find ways to set down that weight and find create balance for a sustainable path forward.”

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Mental Health During Global Conflict

Adapted from Mental Health America

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People across the world may find they struggle with their mental health during times of global conflict. This does not affect only those in active combat — these are humanitarian crises, impacting an entire community or region and beyond. This page addresses how your mental health might be affected by major conflict events like war, terrorism, geopolitical tension, territorial disputes, and political instability.

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Global events impact people across the world. Maybe you have family in the conflict zone, are worried about increases in identity-based hate, or have no personal ties but are constantly seeing graphic images online. The mental health of the civilian population is one of the most significant impacts of war and major conflict. Whether you're directly or indirectly affected by the crisis, your feelings are valid.

Common Emotional Responses to Global Conflict.

Watching a crisis unfold can trigger different kinds of responses. There isn't a "right way" to react to events like this, and everyone is unique in their emotions and needs. Some common feelings include:

- **Grief.** It's painful to see other humans suffering. All significant conflict comes with some loss — of people, resources, culture. Even without a personal connection, it's normal to experience grief for the world and what you imagine others more heavily impacted are dealing with.
- **Depression and Sadness.** Many people feel underlying sadness during times of global conflict — they know something terrible is happening, but they don't know how to help. As the conflict goes on, feelings of hopelessness may get stronger.
- **Fear and Anxiety.** Global conflict causes high levels of stress worldwide. There are a lot of unknowns and uncertainties, and often real dangers are present.
- **Anger.** It's common to get angry when you feel threatened, and many people feel threatened or powerless during times of major conflict or war. It's normal to feel more irritable or impatient than usual. Unfortunately, this can also lead to more violence among individuals and communities.
- **Guilt.** You might feel guilty when you see people experience pain that they don't deserve. It's devastating and unfair, but it's not your fault that you're safe. Or maybe you feel guilty for being affected by a conflict because you're safe, for not knowing enough about the issue, or for not "picking a side." Global conflict brings high tension — all you can do is focus on what is in your control.

All of these are completely normal, and there's no limit to what other feelings can come up. You might experience emotions like jealousy, pride, embarrassment, hope, and more. Many people feel conflicting emotions at the same time.

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Coping with Global Conflict and Distress.

Whether you're directly or indirectly affected by distressing worldwide events, the following evidence-based tips can help protect your mental health during times of conflict:

- If you're in or near the conflict zone, ensure the physical safety of emergency, essential, and treasured belongings, by, for example, placing them in a fireproof safe and making additional copies of identifications and important paperwork.
- Connect to loved ones and those with shared experiences.
- Lean into your personal coping techniques to help lower stress.
- Be aware that your own trauma history, especially discrimination or hate-based trauma, may be triggered during these times.
- Make time to problem-solve. Thinking of the next steps and actions you can take could bring you some peace.
- Ask for help if you need it, and help others if you're able.

It can feel impossible to escape the constant stream of images, videos, and news coverage when global tensions are high — and especially during or after a specific conflict. Social media and online platforms can be a hotspot for misinformation, hostile arguments, and graphic content that you aren't necessarily expecting to see.

Everyone will experience and respond to large global conflicts unfolding in their own way. For individualized support and additional coping strategies, the EAP is here to help.

Call us at 800-777-4114.

FCH EAP is available for immediate, confidential phone support and consultation 24/7. Connect with us for counseling referral, in-the-moment counseling, support program referrals, and more.

If you or someone you know needs the Suicide and Crisis Lifeline, call or text 988 or use the chat function online at [988lifeline.org](https://www.988lifeline.org).