

## Managing post-pandemic anger, stress, and anxiety



As we emerge from the worst days of the pandemic, there is happiness and optimism. But there is also something else: Rage incidents are so prevalent that a new term has been coined for pandemic anger: “pangry.” As the nation reopens, we’re seeing extreme incidents of anger manifested in shocking confrontations and violent events in various public places. The outward manifestations of anger may be masking something else: 15 months of pent-up anxiety, depression, stress, frustration, and loss. It’s normal to feel anger from time to time, particularly after the trauma we’ve been through.

Anger is a human emotion. Anger can occur when we feel frustrated, violated, powerless, or feel we have been done an injustice. It’s not wrong to feel anger, but it’s what we do with anger and how we express it that can lead to problems. **Here are some signs you may benefit from professional help:** *Angry behaviors have caused harm to yourself or others • Inability to control expressions of anger • Finding it difficult to deescalate • Preoccupation with injustices or slights • Inability to let go of anger • Anger-related depression or guilt.*

**Members of ESI EAP have access to a variety of services that can help with managing anger, stress, and anxiety:**

- One-to-one professional coaching for Stress Management & Resilience
- Telephonic counseling from clinical professionals 24/7/365 for anxiety, depression, mental health issues, and more
- Online self-help resources and video courses
- Financial coaching and help for debt
- Online Workplace & Intimate Partner Violence Resource Center

For more on anger, stress, and anxiety, click [Feeling angry, stressed, or anxious? Get help!](#) You can also log in to [www.HigherEdEAP.com](http://www.HigherEdEAP.com) to explore self-help resources and trainings.

## Summer Heatwave Safety

- Scorching temperatures and high humidity can pose serious health risks. Here's [how to protect yourself in a heat wave.](#)
- Know the signs of heat exhaustion and heat stroke: [Exercising in extreme heat requires extreme caution.](#)
- Hydrating, no-cook foods are the order of the day when temperatures soar. [What to eat and drink in a heat wave — and what to skip.](#)

## E-Learning Popular Picks

Check out a few popular picks from our 8,000+ E-Learning courses and trainings. Simply login at [www.HigherEdEAP.com](http://www.HigherEdEAP.com), click the “Training Center” icon and choose the “New & Improved Trainings” icon.

- **NEW! Returning to Work after Working from Home: Managing Anxiety** | Course ID: **SVL\_1020959**  
6 minute video to help you mentally gear up for the changes associated with going back to the workplace.
- **NEW! Returning to Work after Working from Home: Practical Tips** | Course ID: **SVL\_1020958**  
7 minute video addresses back-to-work safety, changes to your daily routine, new communication habits, and more.
- **NEW! Bringing Employees Back after Working from Home** | Course ID: **SVL\_1020961**  
8 minute video to help leaders facilitate a safe back-to-work plan, including key elements that should be addressed in a re-entry plan.