

## Middle East Wellbeing Support Resources

We recognize your teams may be experiencing heightened stress, concern or emotional strain. To assist you in supporting them, we have included a selection of free, pre-recorded wellbeing and support resources. These materials are designed to help individuals navigate difficult emotions, build resilience, and find moments of calm during uncertain times.

We will continue monitoring developments closely and will provide updates as needed. Please reach out to your account team with any immediate support needs.

Title	Language	Description	BM Links
Staying Safe and Resilient in Times of Crisis	English	<p>In times of crisis, staying safe, alert, and resilient becomes essential. Challenging situations can emerge suddenly and disrupt our routines, testing our ability to respond and adapt effectively. This session will share expert perspectives, practical strategies, and actionable tips to help you maintain resilience and make informed decisions during uncertain times.</p> <p>Participants will learn how to manage stress, remain vigilant, and support themselves and others through rapid changes and adversity.</p>	<a href="https://www.bigmarker.com/workplace-options/crisis-event-staying-safe-alert-and-resilient-in-crisis-english-uk-global">https://www.bigmarker.com/workplace-options/crisis-event-staying-safe-alert-and-resilient-in-crisis-english-uk-global</a>
Staying Safe and Resilient in Times of Crisis	Hebrew	<p>In times of crisis, staying safe, alert, and resilient becomes essential. Challenging situations can emerge suddenly and disrupt our routines, testing our ability to respond and adapt effectively. This session will share expert perspectives, practical strategies, and actionable tips to help you maintain resilience and make informed decisions during uncertain times.</p> <p>Participants will learn how to manage stress, remain vigilant, and support themselves and others through rapid changes and adversity.</p>	<a href="https://www.bigmarker.com/workplace-options/crisis-event-staying-safe-alert-and-resilient-in-crisis-hebrew">https://www.bigmarker.com/workplace-options/crisis-event-staying-safe-alert-and-resilient-in-crisis-hebrew</a>

## Middle East Wellbeing Support Resources

Title	Language	Description	BM Links
Staying Safe and Resilient in Times of Crisis	Arabic	In times of crisis, staying safe, alert, and resilient becomes essential. Challenging situations can emerge suddenly and disrupt our routines, testing our ability to respond and adapt effectively. This session will share expert perspectives, practical strategies, and actionable tips to help you maintain resilience and make informed decisions during uncertain times. Participants will learn how to manage stress, remain vigilant, and support themselves and others through rapid changes and adversity.	<a href="https://www.bigmarker.com/workplace-options/crisis-event-staying-safe-alert-and-resilient-in-crisis-arabic">https://www.bigmarker.com/workplace-options/crisis-event-staying-safe-alert-and-resilient-in-crisis-arabic</a>
Supporting Your Child in a Time of Crisis & Conflict	Hebrew	Empower yourself with practical strategies to support your child's emotional well-being and resilience during times of conflict and crisis, while learning how to address their questions, manage your own stress, and foster open communication in challenging circumstances.	<a href="https://www.bigmarker.com/workplace-options/crisis-event-supporting-your-child-at-a-time-of-conflict-and-crisis-hebrew">https://www.bigmarker.com/workplace-options/crisis-event-supporting-your-child-at-a-time-of-conflict-and-crisis-hebrew</a>
Supporting Your Child in a Time of Crisis & Conflict	Arabic	Empower yourself with practical strategies to support your child's emotional well-being and resilience during times of conflict and crisis, while learning how to address their questions, manage your own stress, and foster open communication in challenging circumstances.	<a href="https://www.bigmarker.com/workplace-options/crisis-event-supporting-your-child-at-a-time-of-conflict-and-crisis-arabic">https://www.bigmarker.com/workplace-options/crisis-event-supporting-your-child-at-a-time-of-conflict-and-crisis-arabic</a>
Supporting Your Child in a Time of Crisis & Conflict	English	Empower yourself with practical strategies to support your child's emotional well-being and resilience during times of conflict and crisis, while learning how to address their questions, manage your own stress, and foster open communication in challenging circumstances.	<a href="https://www.bigmarker.com/workplace-options/supporting-your-child-at-a-time-of-conflict-and-crisis">https://www.bigmarker.com/workplace-options/supporting-your-child-at-a-time-of-conflict-and-crisis</a>
Checking in with Your Family	English	Provides guidance on how to support family members in zones of unrest whether that be through conflict or natural disaster.	 <a href="#">Coping in Global Crises Protecting Your Mental Health While Supporting Loved Ones.pdf</a>