



ASSISTANCE FOR SCHLUMBERGER EMPLOYEES AFFECTED BY HURRICANE KATRINA

The Help You Need When You Need it MostSM

During such incidents of trauma and disaster, remember that help is available through your Employee Assistance Program (EAP). The experts at ComPsych Corporation®, The Guidance Resource Company® are available for information and support resources.



Simply call: **1-888-882-0797**. **Confidential help is available 24 hours** a day, 7 days a week, at no cost to you or your eligible family members. You don't have to face your problems alone. Experts in legal, financial, and psychological counseling are available to help you and your families deal with these traumatic situations. Call today for the personal concerns you are facing, including:

- **Coping with stress and loss:** Recognize symptoms of stress arising from such traumatic events and deal with them early on. Seek support. Do not wait until you reach your breaking point. Pay attention to your body's physical signs of stress. For example, immediate physiological symptoms of stress include:
 - Hyperventilation (rapid, shallow breathing)
 - Profuse sweating
 - Rapid heartbeat
 - Increased urination
 - Dizziness and lightheadedness
 - Fatigue

Often the best way to cope with stress is to "go with the flow", to accept those stressors that you cannot currently change. Instead of getting irritated or angry in reaction to stress, try to maintain a positive attitude. Ask yourself these questions:

- What is the worst that could have happened that DID NOT happen?
- Am I making the situation worse or better for myself and for those around me?
- What can I learn from this?
- What advice would I give someone else in this situation?

Maintain interpersonal contact with your family and people around you. More contact with the right people can help relieve stress. Open up to others about your problems, and accept help when it is offered. Spend less time with negative, stress-inducing people. Know that this stressful incident will pass. Practice some relaxation techniques if you can:

- **Breathing exercises:** Draw slow, deep breaths to facilitate a more efficient intake of oxygen. Fresh air can help relax the mind.
- **Meditation and imagery techniques:** Maintain a comfortable posture, close your eyes, and remain quiet for a few moments. Let your mind go blank. Listen to sound of your breathing. If stressful thoughts arise, do not fight them. Try concentrating on an image that symbolizes your stress, and imagine it being replaced by other calmer images.
- **Muscle-relaxation techniques:** These involve systematically tensing and then relaxing each major muscle group. For example, make a fist and hold it tight for at least five seconds. Feel the tension in your hand and arm. Finally, relax your hand, and visualize the tension escaping your body. Do the same with your other hand, your neck, your face, limbs, etc.

Feeling stressed is a normal and healthy response to life's events. The counselors at ComPsych® can provide you with more specific information and resources to support your efforts at dealing with stress.



- **Anxiety or depression:** If you find yourself in a constant state of worry and continually unable to relax, you may be experiencing generalized anxiety disorder. If you suspect that you have an anxiety disorder, educate yourself on the condition and call **1-888-882-0797**.

Signs of Anxiety Disorder Include:

- Repeated, unexpected panic attacks during which you suddenly are overcome by intense fear or discomfort for no apparent reason
 - Persistent, intrusive thoughts, impulses or images that you can't get out of your mind
 - A powerful and ongoing fear of social situations involving unfamiliar people
 - Excessive worrying, for six months or more, about a number of events or activities
 - Shortness of breath or a racing heart for no apparent reason
 - A persistent and unreasonable fear of an object or situation, such as flying, heights, animals, blood, etc.
 - Being unable to travel alone
 - Spending too much time each day doing things over and over again (e.g., handwashing or counting)
 - Having tense muscles or problems sleeping more often than not
- **Financial and Money matters:** During traumatic events such as a natural disaster, concern over money and financial issues sits at or near the top of the list of things that stress out most Americans. Stressing over these issues at this time won't help your situation. There are many financial resources provided by ComPsych® to help you sort through your financial issues. Simply call **1-888-882-0797** to speak directly to a financial expert for one-on-one direction and advice regarding money matters. There are also many resources readily available to you on the GuidanceResources® website at: www.GuidanceResources.com.
 - **Legal Issues:** In the coming days and weeks, you might have to deal with insurance related matters. The legal experts at ComPsych® can help you navigate the legal jargon, paperwork and other legal issues you might face while trying to get back to a routine life. If you come in need of a lawyer, you can learn about useful tips to remember in your search for a lawyer that will represent your case appropriately.

For coping tips, current news about the disaster, legal or financial advice, and other helpful information, visit the website at: www.GuidanceResources.com. "First Time Users" at the site will be prompted for your company's web ID: **Wellness** to register and create your own username and password.