

Managing Uncertainty During Natural Disasters

It's completely normal for you to experience a range of emotions that may be unfamiliar or hard to address in response to a natural disaster. Things may feel out of your control, making it challenging to flex and adapt while also engaging in processes that move you forward. Here are some tools to consider for yourself or your loved ones as you navigate through this undoubtedly tough time.



Remember that worry is contagious

Limit your intake of inflammatory news. Pick one or two reputable sources and limit how often you check for updates.

Try to focus on problem-solving

Take note of what behaviors increase your anxiety versus help you manage emotional and physical safety.

Give yourself permission to process

Give yourself time and space to process and seek support. It's completely okay for you to not take on multiple things right now.

Here are some resources that may help



Get One-on-One Support

Modern Health can match you with a [provider](#) who can help you process difficult emotions and avoid unproductive, spiraling thoughts.



Community Sessions

Join an upcoming [Circle](#), provider-led group session, on topics like Building Emotional Reliance and Being Kind and Gentle with Ourselves.



Peaceful Meditation

This [guided meditation](#) helps you create a peaceful sanctuary in your mind—a place where you can go when you need a safe space to escape.



Modern Health is your mental wellness benefit.

Access to personalized 1:1, group, and self-serve resources for your well-being, so that you can be the best version of yourself — at home, at work, and in your relationships. Scan this QR to get started. Or visit my.modernhealth.com.

