

# 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 adjust while also taking steps to help move 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 or challenging news. Pick one or two reputable sources and limit how often you check for updates.

## Try to focus on small progress

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](#) — a provider-led group session — on topics like Building Emotional Resilience and Processing Stressful World Events.



### 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.

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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](https://my.modernhealth.com).

