

Current Events Anxiety

The impact on mental health and wellness

What you may experience:

- Difficulty concentrating or making decisions
- Feeling confused, disoriented, and/or distracted
- Ruminating on negative thoughts
- Crying, loss of appetite, or sleep disturbance
- Not wanting to talk to people, avoiding places that trigger emotional responses

Why navigating emotions is so hard:

- Emotions come in waves and feel overwhelming
- Vulnerabilities and triggers may arise unexpectedly
- We're wired to try to get rid of feelings that are uncomfortable, but that's not realistic and often impossible

What you can do:

Set boundaries.

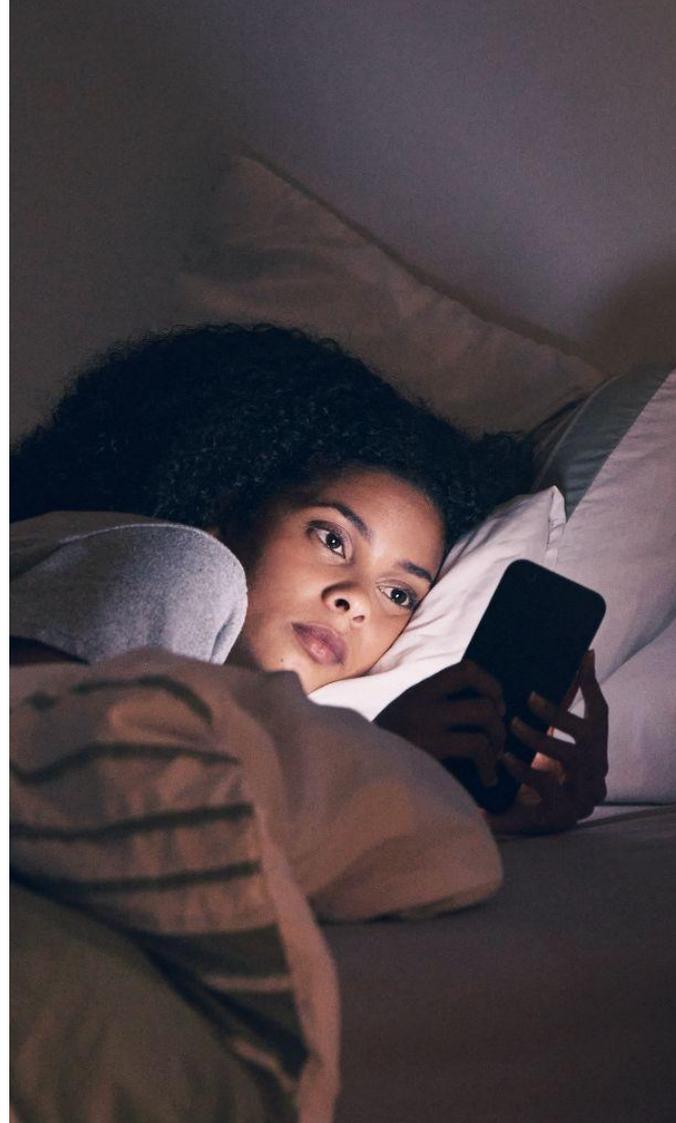
- Say no to things that take a lot of energy
- Get back to basics—hydrate, sleep, and spend time outside
- Reduce screen time and social media use

Acknowledge your feelings.

- Your feelings may not always make sense or be the same as those around you
- Know that fear and uncertainty are normal

Stay connected.

- Schedule extra down time and time for self care to connect with yourself
- Intentionally reach out and make time for friends or loved ones who make you feel good



National and global events can impact your overall well-being, especially as traumatic events continue to occur.

Anxiety and panic in the face of uncertainty is both typical and expected. You may attempt to make sense of a situation and when you can't, it's extremely stressful.

Get confidential support:

portico.springhealth.com

1-855-629-0554

(Select option 2 for 24/7 crisis support)