![Bree Health logo]

Dealing with Life in Troubled Times

In uncertain and challenging times—whether it's political tension, economic shifts, natural disasters, or personal crises—it's normal to feel overwhelmed. While we can't always change what's happening in the world, we can choose how we respond. If the weight of it all feels heavy, here are a few grounding reminders to help you cope when life feels unstable:

- **Focus on What You Can Control:** When the world feels chaotic, shift your energy to small, manageable actions. This could mean sticking to a daily routine, making your bed, or choosing when and how to engage with the news.

- **Limit Information Overload:** Stay informed—but protect your mental health. Set time limits for news and social media. Consider a "no news after 8 p.m." rule to protect your sleep and peace of mind.

- **Talk It Out:** You're not alone. Share your feelings with someone you trust. Whether it's a friend, counselor, or support group, expressing your thoughts can relieve stress and create connection.

- **Take Care of Your Body:** Stress hits harder when your body is run down. Prioritize sleep, move your body daily (even a walk helps), eat nourishing foods, and stay hydrated.

- **Anchor in Purpose:** Focus on what gives your life meaning—family, helping others, your faith, your work. Finding purpose in the small things can offer calm and clarity in chaos.

- **Allow Yourself to Feel:** It's okay to not be okay. Give yourself permission to feel grief, anger, confusion—whatever comes up. Emotions are part of being human and part of healing.

- **Use Available Support:** Utilize your Bree Health benefits with free Certified Life coaching, financial help, legal advice, and more.

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