



Healthy & Resilient You

# Weathering All the Storms

Managing anxiety in uncertain times



Life feels a bit overwhelming right now. Between natural disasters like wildfires, hurricanes, and other extreme weather—plus political upheaval and social unrest—it's no wonder anxiety levels are running high.

It's almost as if 2025 decided to fast-track every gloomy prediction ever made.

If thinking about the state of the world makes you anxious, you're definitely not alone. A recent American Psychological Association survey found that 77% of adults say the future of the nation is a leading cause of stress. That's a lot of people feeling the weight of the world.



## It's new to us, but it's nothing new

When things feel like they're coming apart at the seams, it's easy to believe we're facing something entirely new. But history tells a different story. While today's challenges—like climate-driven disasters and political instability—may be happening faster or on a larger scale, they're not without precedent.

Humanity has weathered upheaval before and come out the other side. Looking back at how people persevered can be a powerful reminder that resilience isn't just possible, it's in our DNA. Their experiences can offer perspective, and even strategies, that still apply today.

## Action works better than avoidance

History shows us that resilience isn't just about enduring—it's about adapting. One powerful adaptation strategy in uncertain times is knowing when to engage instead of withdraw.

When the world feels overwhelming, it can be tempting to tune out stressors like news and politics altogether. But as tempting as it is to shut it all out, ignoring anxiety (or its triggers) doesn't make it go away. In fact, it can do the opposite, letting anxiety build to toxic levels while also leaving us unprepared if things take a turn for the worse.

## Building resilience, one step at a time

Tackling anxiety in uncertain times is especially hard, but there's good news—just like stress builds, relief can, too. And taking action, even in small ways, helps us remember we're not powerless.

Here are some simple practices to help you regain balance and find a way forward through turbulent times:



**Limit news consumption** – Staying informed is important, but too much exposure can be overwhelming and even paralyzing. If you find yourself doom-scrolling or keeping the news on all day, try setting boundaries—like checking headlines once or twice daily for a set amount of time (e.g., 10 minutes). It also helps to focus on fact-based, center-focused sources rather than sensationalized or one-sided content. Tools like [Ground News](#) can help you compare coverage and avoid bias. Consider disabling news notifications on your phone to regain control over when—and how—you engage with the news.



**Turn worry into action** – Getting involved with a cause you care about can transform anxious energy into meaningful change—and connect you with a supportive community in the process. Many nonprofits and grassroots organizations are stretched even thinner due to recent governmental upheaval and subsequent staffing and funding uncertainties. Whether through volunteering, donating, or simply spreading awareness, you can help make a difference. Find a group that aligns with your values, reach out and ask, “how can I help?” They'll tell you exactly what they need.



**Keep the tempest in the teacup** – When the world is highly polarized and emotionally charged, conversations with people who hold opposing views can feel like walking into a storm. But calm, respectful dialogue is key to building bridges—and right now, we need all the bridges we can get. When navigating these discussions, try assuming the other person has good intentions, staying open to the idea that none of us have all the answers, and looking for common ground. [Check out this newsletter](#) for more strategies on framing productive conversations.



**Don't skimp on self-care** – [Avoiding emotional and physical burnout](#) is essential for staying mentally and physically strong through challenging times. Prioritizing rest, movement, and [mindfulness](#) can help you recharge. Aim for enough sleep, take a short walk or stretch break, and don't be afraid to (graciously) say “no” to extra commitments. Self-care isn't selfish, it's what keeps you going.

Uncertainty can feel overwhelming, but history—and human resilience—prove we're stronger than we think. While we can't control everything, we can control how we respond, taking small, steady steps to regain balance, take action where we can, and move forward. **Finally, remember that we've overcome tough times before. We can do it again.**

**Need extra support?** If you're overwhelmed for any reason, **Concern** is here for you. Our [coaches](#) are standing by to guide you through positive life changes. And, as always, our counselors are available to help you address difficult emotions and build sustainable coping skills.

For customized tools and resources, visit Concern's Digital Hub by logging in to [employees.concernhealth.com](https://employees.concernhealth.com), and selecting the “Get Services” button in the upper right menu.

This newsletter is intended for informational purposes only, and should not be used to replace professional advice.

If you find your level of stress is impacting your wellbeing, you can contact us for additional help and support.

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