

Surviving the Storm:

Caring For Your Mind in Uncertain Times

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The world can feel overwhelming: the noise, the headlines, the division, the heaviness. It's a lot to carry. This resource is about making intentional choices so you can stay grounded and present, even in difficult seasons. You matter. Your peace matters. Let's protect your peace at all costs.

WHAT TO DO

Curate Your Social Media Feed

Your feed is yours to shape. What you consume daily has a direct impact on how you feel. Be intentional about it.

- Unfollow or mute accounts that consistently bring stress, anxiety, fear, anger, or sadness. Your mental health comes first, even when you feel the urge to stay connected.
- Actively seek out and follow accounts that uplift, encourage, and inform in positive, constructive ways.
- Fill your feed with content that brings you genuine joy, sparks your creativity, and aligns with your passions and sense of purpose. Your feed should not feel like a burden.

Bring Balance and Hope to the Media You Consume

Bad news travels fast, but good things are happening every single day. Make a conscious effort to include good news stories in what you read and watch. Several positive news organizations exist for exactly this reason. Balance means getting the full picture, not simply looking away from hard things.

Connect With People. Really Connect.

Human connection is one of the most powerful antidotes to anxiety and despair. Real connection requires more than a like or comment.

- Move beyond social media, text messages, and DMs as often as you can.
- Call a friend. Hear their voice, let them hear yours.
- Video chat with someone you haven't seen in a while.
- Have real conversations about life, about feelings, about the things that matter.
- Meet in person whenever possible. Presence is powerful.

Do Things That Bring You Joy

Joy doesn't have to be grand or expensive. Little things matter, sometimes more than we realize. Give yourself permission to enjoy them.

- Treat yourself to your favorite beverage and savor it slowly.
- Go for a walk outside and let yourself notice the world around you.
- Read a book purely for the pleasure of it. No productivity required.
- Do something creative: paint, cook, write, garden, play music. Create without judgment.

Move Your Body*

Movement is medicine. Physical activity reduces stress hormones, lifts mood, and helps your nervous system regulate. You don't need a gym or a plan. Just move.

- Stretch for a few minutes in the morning or before bed.
- Put on a song you love and dance.
- Lift weights or do bodyweight exercises.
- Take a walk around the block, through a park, or anywhere outside.
- Try a free fitness video online. There are thousands of options for every level.

WHAT TO AVOID

Don't Get Your News from Social Media

Social media algorithms are designed to capture your attention and keep you engaged. Outrage, fear, and division keep people scrolling. This is not an accident. Protect yourself by going directly to reputable, centrist news sources for your information.

Some trusted examples:

- Reuters
- BBC News
- NPR News
- The Hill

You can stay informed and protect your mental and emotional health. You just have to be selective about your sources.

Don't Start or End Your Day with Bad News

How you begin and end your day sets the tone for your mind. Reaching for your phone first thing in the morning or scrolling before bed, is one of the fastest ways to spike anxiety and disrupt sleep.

Consider replacing that habit with something that nourishes you: a few minutes of prayer or meditation, a gratitude practice, a good book, calming sounds or music, or simply quiet. Guard the first and last moments of your day like they matter, because they do.

HOW TO BE OF SERVICE

Service Starts Close to Home

When we talk about being of service, it's easy to think only about grand gestures or global causes. Service is also quiet and close. Consider how you can show up for yourself: your own rest, healing, and self-care practices matter. Then look outward to your spouse or partner, your children, your extended family, and your friends. Sometimes the most meaningful service is simply being fully present for the people right in front of you.

Support Organizations That Align with Your Values

There are countless nonprofits and community organizations doing meaningful work, and they need help in multiple forms.

- Donate money, even in small amounts. Recurring giving adds up.
- Donate your time through volunteering. Many organizations have flexible, short-term opportunities.
- Donate requested items. Check organization wish lists and supply drives.

Take time to research before you give. Look for organizations with transparent practices and missions that genuinely reflect your values. A little research goes a long way.

Use Your Gifts

You have something to offer that no one else can offer in quite the same way. Your natural gifts, talents, and passions (the things that come easily to you and energize you) can be a source of peace and joy for others. Think about how those gifts could serve your community, your family, or even strangers.

Whether you're a great listener, a skilled cook, a gifted teacher, a talented artist, or someone who simply knows how to make people laugh, it counts. Use what you have. The world needs it.

You can't pour from an empty cup. Taking care of your mind is a necessary act of stewardship. When you are grounded and at peace, you become a source of strength for everyone around you. Start with yourself. Then go change your segment of the world.

You are not alone. Take it one day at a time.

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