

Modern Health for Stressful Situations

It's common to experience stress and anxiety in response to widespread health crises or traumatic events. These situations may lead you to experience a range of emotional, mental or behavioral reactions that are unfamiliar or hard to address -- and that's okay. Modern Health can provide you with tools to identify common reactions to stress for yourself or your loved ones.

EMOTIONS

Anxiety, fear, anger, withdrawn, lack of enjoyment, feeling empty or hopeless, shock

PHYSICAL

Tiredness, headache, tension, pain, increased heart rate, changes in breathing

BEHAVIORS

Fighting with or being overprotective of family, substance abuse, keeping excessively busy, isolating self, avoiding places, activities, or people that bring back memories

THOUGHTS

Difficulty concentrating or following instructions, memory problems, very strong memories of the events, self-blame, other-blame

We're here to help

It can feel challenging to ask for support, or even know where to start. Here are some tactical tools to help you cope and bring normalcy back to your day.



Seek support

[Schedule a session](#) with your coach or therapist to talk through how you're feeling.



Virtual meetings

If working from home, work with your team to add video conferencing to meetings.



Relaxation strategies

[Use this program](#): practice deep breathing during moments of high stress.



Maintain healthy behaviors

[Use this program](#): take mental breaks and build mindfulness into your daily routine.



Keep a consistent schedule

Schedule blocks of time on your calendar to help yourself develop a consistent routine.



Coping resources

[Use this program](#): identify additional actions and strategies to help you cope and recover.



Modern Health is your free mental health benefit.

Download the Modern Health app to match with a care professional who's right for your needs, and access 100+ courses and meditations.



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