

WHAT TO DO

When The World Feels Like It's Falling Apart

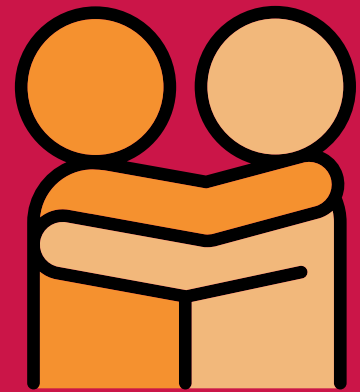


CONTROL

Find something that is within your control and do it. Wash the dishes, pay a bill, book the doctor's appointment you've been putting off. Regaining a sense of control promotes psychological safety.

CONNECT

Humans have a built-in calm-down mechanism called the parasympathetic nervous system. When we are around people who make us feel safe, our body unclenches. Don't feel safe around people? Other mammals do the job - stroking a cat or dog, for example, has the same effect as a hug.



CONSIDERATION

When we do something kind for someone else, it fires up the reward system of our brain. Give the shopping cart you're grabbing to the person behind you. Let someone merge in front of you when you're driving. Smile at a service worker. It doesn't take much to not only feel better but to pass that feeling on to someone else.