



# Facing a Difficult or Upsetting Event

After experiencing an upsetting event or receiving difficult news, it's common to experience changes in emotions, behaviors, and thoughts (see below). While these reactions are common in the short-term aftermath of an event, those experiencing these over a long period of time (1 month+) afterward may benefit from additional help.

## Common Reactions Following Difficult or Upsetting News or Events

It's important to know that we all experience some of these reactions, regardless of age, gender, or type of difficult event.

### Emotions

- Anxiety and fear
- Sadness, grief, and depression
- Anger and irritability
- Disconnected, withdrawn, numbness
- Lack of enjoyment
- Feeling empty or hopeless
- Shock

### Behaviors

- Fighting with family
- Excessive substance use
- Being overprotective
- Keeping overly busy
- Isolating
- Avoiding places, activities, or people that cause distress

### Thoughts

- Difficulty concentrating or following instructions
- Memory problems
- Trouble communicating
- Difficulty stopping worry or other negative thoughts

### Physical Reactions

- Fatigue
- Headaches, tension, pain
- Increased heart rate
- Difficulty sleeping

## Supporting Colleagues or Loved Ones

- **Listen** patiently and acknowledge their experiences
- **Share** how much you value them, and why
- **Be positive** and express compassion
- **Be patient** and maintain consistent support
- **Encourage participation** in activities or events (but don't force participation)

## Modern Health Resources

Modern Health is here to help those facing difficult or upsetting situations, including those experiencing mild to more serious distress and those who want to support family members, friends, or colleagues through a situation. We encourage you to take time for yourself throughout the day and use these resources that come with your access to Modern Health.



### Get One-On-One Support

Modern Health can connect you with a certified coach or a licensed therapist to help you address your needs. You can expect them to collaborate with you to develop a plan to address your stress and provide tools to navigate the experience moving forward.



### Self-Guided Digital Programs

If you prefer self-paced resources, check out our various digital programs, including our:

- [Managing Stress course](#)
- [Building Family Resilience program](#)
- [Processing Stressful World Events program](#)



### Guided Meditations

Modern Health also has short, guided meditations to give you a moment to find calm in your mind on topics such as:

- Stress and anxiety (2-10 minutes)
- Sleep (2-50 minutes)



**Modern Health is your mental wellness benefit.**

Access to personalized 1:1, group, and self-serve resources for your well-being, so that you can be the best version of yourself — at home, at work, and in your relationships. Scan this QR code to get started or visit [my.modernhealth.com](https://my.modernhealth.com).

