

UPHEAVAL

**A Five-Step System to Deal with
Disruptions that are Beyond Your
Control**



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Disruptions that are Beyond Your Control

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Introduction



Upheaval. We've all experienced it. Sometimes it comes at us from outside, completely and utterly beyond our control. Think about such things as pandemics, tornadoes, or stock market crash. Sometimes it hits very close to home, such as when someone you love receives a terrifying diagnosis, or when you experience a death in the family.

Regardless of the cause, upheaval can hit you like a ton of bricks, causing serious disruption in your life on all levels. Worse, more often than not, this kind of crisis is entirely and utterly beyond your control. How do you deal with this?

This book will take you on a journey through the chaos as you explore the topic of upheaval and how to deal with it. You're going to start by exploring the reality of turmoil, followed by some examples of the more typical upheaval you're likely to experience in your lifetime.

From there, you're going to discover the secret to handling upheaval: a five-point system designed to guide you through dealing with life's disruptions beyond your control. But we won't stop there, for you're going to get to see this system in action with some ideas for solutions for these kinds of problems.

This is an intense study, but a necessary one. In today's world, it seems we have more and more upheavals coming our way. Being prepared is the key to coming out on top. Thankfully, with this book and a little preparedness of your own, you're going to be prepared for anything.

Let's get started!

The Reality



On September 25, 2019, Lucy Hone, an expert in resiliency, opened her TED Talk presented in Christchurch with a few questions. She started by asking people in the audience to stand up if they met specific criteria.

- If they'd ever lost someone they loved.
- If they ever lived through a natural disaster.
- If they'd ever had a miscarriage.
- If they'd ever had to cope with a physical impairment.
- If they'd ever known someone who'd committed suicide.

In the course of one minute, this list grew, listing off various upheavals people experience in their lives. By the end of this list of one dozen various crises, there wasn't a single person sitting down of the hundreds who'd attended.

Her point was made in a very visual and even visceral manner. In less than a minute, she'd established just how common upheaval is in the life of a human being.

No matter who you are, where you live, or what you believe, you will experience things beyond your control. These things will change your life in significant, profound, and even uncomfortable ways.

- It doesn't matter if you're rich.
- It doesn't matter if you live paycheck to paycheck.
- It doesn't care what the color of your skin is.
- It makes no difference if you went to college or even finished school at all.

Upheaval is inevitable. And it's entirely outside our control.

Life Comes at You Fast



Things change in an instant. A car runs a red light. A tornado drops out of the sky. You arrive at work only to have your boss call you into the office to tell you the company has shifted priorities, and you've just been laid off.

What could you have done differently?

This question has plagued generations of disappointed, overwhelmed, and

angry people who were floundering at the time in their version of upheaval. Too often, the answer to this question is 'nothing.' You have no control over the weather. It's the other driver who made a choice to run the light. Or your boss (or someone above them) who picked your name when it came time to decide layoffs.

Think about these things:

- Loss of Job
- Stock Market Crash
- Cancer
- Death in Family
- Pandemic
- Forest Fire
- War
- House fire

- Earthquake
- Suicide
- Hit & Run

Every one of these items on this list has one thing in common: they tend to come without much warning. Even if they do, these are all things very much out of your control. You can probably add considerably to this list without much effort at all.

The problem is, even the things we think we have under pretty tight control can fall apart pretty fast. For example, you love your home. You have a good relationship with your landlord and are paying the rent on time. You're even taking care of the property. But one day you get a call. The owner of the house has decided they no longer wish to own rental properties and have sold your home. You need to move in the next 30 days. Suddenly you're scrambling to find a new place to live in a concise amount of time.

You want to think this is an isolated event. But is it? Think back a moment to the various upheavals in your life. How many caught you entirely off guard? How many stories have you told since then, which started with, "You will never believe what happened," followed by a harrowing tale of personal struggle?

You got through those crises. Because you did, maybe upheaval doesn't seem too bad. Sure, it's tough initially, but you figure it out, and things eventually do get better.

Right?

Think about this: living with upheaval involves more than an initial scramble to regain your footing after being surprised by the unexpected. There are serious ramifications to upheaval, both emotional and physical.

Emotional Effects of Upheaval



You're going to run the gamut on emotional fallout. Expect to hit just about every item on this list at some point during the upheaval. Though even then, you'll be seeing psychological effects for a long time to come. When the upheaval is long-lasting or has been especially severe, you can expect to be dealing with PTSD or trauma recovery for some time to come. The other emotions in detail:

Shock

You can't believe this is happening. You feel distant and even 'out of body' as you struggle to accept the new reality.

Disbelief

You want to deny the upheaval ever happened. You insist life is the same as it always has been. This can be especially dangerous if the threat isn't fully past yet. Say you're still reeling from the first earthquake and are caught entirely unprepared for the aftershock that comes an hour or two later. Of the shock of a forest fire destroying places near, you might blind you to the fact your house is still in danger.

Fear

What if it's not over or gets worse? You may become obsessive with this state depending on the level of trauma. If the upheaval has been particularly bad, you might develop phobias regarding the change itself.

Sorrow

It's normal to feel sadness when things fall apart. During upheavals, this sadness can quickly become depression, especially if you couple sadness with the hopelessness of the situation, and start thinking things will never get better.

Weakness

When upheaval comes at you, and there's nothing you can do about it, it's natural to start feeling helpless, as though you're at the mercy of whatever is happening to you. This feeling can also bring up a lot of anger at yourself for the perceived weakness, and can even be turned back on yourself in the form of negative self-talk to the extent of self-loathing if left unchecked.

Anger

It's normal to feel mad when something doesn't go right. But anger has a lot of physical qualities to it, starting with raised blood pressure, a higher heart rate, and various effects on the body such as indigestion and headaches. Anger can even lead to things such as heart attacks and has been proven to cause strokes, so rage needs to be watched and controlled carefully, which can, in turn, lead to exhaustion and insomnia. Add in the effects of angry outbursts on those around you, and it's easy to see why this can be one of the worst threats to your emotional well-being during upheaval. It's hard work to be angry!

Guilt

If you're experiencing the upheaval with others around you (for example, in a wildfire or hurricane your neighbors might also be affected), it's not uncommon to feel guilt. You might see yourself as having come out of things better than someone else, and even been relieved things weren't quite so bad. This can be especially true if you're feeling 'survivor's guilt' for still being here while others died. You might also feel guilt if you think there's something more you could have done to mitigate the disaster in the first place.

Relief

Even if you're not feeling guilty for being relieved about how the situation turned out, relief can be a complicated emotion. If things are getting better, you might feel like you shouldn't be relieved at all if other people are suffering, especially if you're starting to rediscover happiness in the process. Your emotions might feel wrong and out of place, and even suspect. Here is where people start questioning themselves, asking what's

wrong with them, that they're feeling anything akin to relief while others are still in the thick of it.

Shame

Any emotion at all can feel like it is absolutely the wrong response. Looking around yourself, you might conclude you shouldn't be sad or angry right now because others aren't. Or that you're too positive. Or...or...or. Honestly, we're experts at beating ourselves up for experiencing spontaneous emotions.

Worry

Being anxious about what's going on is another one of those responses which is perfectly natural, but worry can spawn insomnia, stress, and even panic attacks. Worry can also stall you out, as it leads you to become indecisive or afraid to upset whatever the new status quo is.

Confusion

It's nearly impossible to get your thoughts in order in an upheaval, especially initially when the upset is so new. Racing thoughts make it difficult to concentrate or to figure out what the next logical steps might be.



Depression

Why has this happened to you? Your mental health can become thoroughly shaken by all of this. Start putting all these complicated emotional responses together, and it's no wonder you feel sadness and even depression over what's going on. Depression can lead to poor decision-making, such as sleeping all day or turning to other coping mechanisms like overeating. When depression really kicks in, it can lead to self-harm or even suicide.

All these emotions together create quite an impact on a person. It's no wonder that people who are experiencing upheaval are more prone to substance abuse, divorce, and lasting PTSD.

Physical Effects of Upheaval



The effects on mental health are nothing short of fantastic when it comes to upheaval, but it doesn't stop there. We've already touched on a little bit of the physical effects of the same thing. Let's look at what happens to the human body in upheaval next to get a little clearer idea of the whole picture. It's pretty impressive.

Lightheadedness

Feeling a little dizzy or even faint is relatively normal, especially at the onset of an upheaval. The problem is, when a person is stressed, they forget to breathe, or might be breathing too shallowly. Lack of oxygen creates these feelings, which aren't harmful in the long run but can make you very uncomfortable and uncertain in the now.

Uncontrolled Shaking

When a crisis crops up, we go straight into fight or flight, which dumps a great deal of adrenaline into the system. Eventually, this adrenaline begins to dissipate, and the body is left trying to process the shift in body chemistry. As you balance out, this translates to a lot of shaking and can signal the onset of shock as your body overcorrects itself.

Difficulty Breathing

Sometimes being able to catch your breath at all can be difficult in an upheaval, especially if you're panicking. Without a conscious focus on how you're breathing, you might even start hyperventilating.

Upset Stomach

Digestion is one of those things which is an immediate and utterly uncontrollable response to the stress of upheaval. Digestion issues can manifest in abdominal pain,

making eating difficult, all the way down to throwing up or a sudden onset of irritable bowels.

Changes in Sleep

For some people, a crisis can bring on enough stress and exhaustion to where they have no problem staying asleep but still experience an onset of nightmares or restless sleep, which means waking up feeling like they haven't slept at all. To others, they hide in sleep, getting through a crisis by sleeping extra hours. These people have trouble staying awake at all. But by far, the most common difficulty in upheaval is insomnia. The majority of people have trouble falling asleep at all, as their brains can't shut down their thoughts enough to relax. Even when these people do fall asleep, they will be hyper-vigilant as they sleep, waking to any sound or outside stimuli. Regardless of which type of person you are, you can expect your sleep to be affected somehow.

Headaches

How can you concentrate on what to do next when your head is hurting? Headaches brought on by stress or even migraines are not uncommon during an upheaval.

Inflammation

Your entire body reacts to stress, whether you realize it or not. When you're in a crisis such as an upheaval, it's not uncommon to note extra aches and pains. If you are already suffering from chronic pain, you'll find these symptoms are magnified a hundredfold.

Loss of Appetite/Increased Appetite

When experiencing upheaval, people are almost guaranteed to do one of two things: they start eating everything in sight, or they stop eating altogether. Stress eating happens when we find comfort in food, especially things high in sugar and fat, both of which activate pleasure centers in the brain, at least in the short term. The inability to eat generally comes from digestive problems such as upset stomach and the loss of desire for things that give pleasure through depression. Either way, it's easy to mess up

your diet entirely, leading to other issues, where you start feeling bad because of nutritional imbalances as you indulge in too much of the wrong fuel for your body.

Sex

When you're already so preoccupied with what's going on, is it any wonder most people lose interest in sex altogether or have trouble performing when they do try to engage in intimacy? Issues with sex range across the board, from avoiding intimacy to attempting to cope with the situation through increased sexual encounters, which in turn could lead to risky behavior, exposure to STD's, or unwanted pregnancy.

Immune System

Your immune system is what keeps you healthy when exposed to germs. But studies have proven that people under stress tend to knock their immune system for a loop. Frequently, people experiencing upheaval are more prone to illness and take longer to heal when they're sick or injured.



Bone Density

In the long-term, being in a high-stress situation such as an upheaval will actually impact your bone density, leading to less calcium absorption and making you more prone to issues regarding bone health as you grow older.

Pre-Existing Conditions

Across the board, you're going to find any chronic illness is going to be exacerbated by upheaval. In diabetes, you'll find it harder to regulate your blood sugar during a crisis due to changing eating patterns or even changes in how your body processes insulin as a stress response. Heart conditions become exacerbated. Conditions that involve

inflammation, such as arthritis or fibromyalgia, will leave patients in more pain.

Whatever you're already suffering is going to take a hit and leave you feeling worse than usual, or having a hard time keeping your condition under control.

As you can see, the physical ramifications of upheaval can be every bit as difficult to process as the emotional. Together this means your body takes quite a hit when life is coming at you this hard and fast. You need to find a healthy and effective way to deal with all this.

Dealing with Disruptions You Can't Control



Whew after the last chapter, you're probably hoping for some good news in all of this. Thankfully you've come to the right place. There is hope. You *can* deal with or even prepare for upheaval in your life, mitigating stress, anxiety, and all those other problems we just listed in the last chapter.

How?

By following this five-point system. Look at the steps.

- 1. Acceptance**
- 2. Planning**
- 3. Control**
- 4. Support**
- 5. Mind, body, and health**

These steps aren't hard, but they do require a little bit of work to implement. We start in understanding not just what each step entails, but how it works. Let's begin.

Acceptance



Life is going to throw you some major curveballs. There's no sense in pretending otherwise. You only need to look as far as your previous history to see this has already happened before. It's logical to assume it'll happen again.

Acceptance can be difficult because we don't like to think things are going to go wrong. People are naturally optimistic. If they weren't, they wouldn't go out and try new things, create, or

dare to live life beyond the status quo. For the most part, we're proven right in this.

But sometimes things go wrong. Here's where you need to make a conscious choice to accept the situation. By railing against the unfairness of it, or even flat-out denying what just went wrong, you're never going to move toward any kind of solution.

Acceptance doesn't mean the same thing as embracing defeat, though we often think it does. You might want to consider these quick facts about acceptance:

Acceptance Must be Done First

The rest of this process is pointless if you can't accept what's going on around you. If you live in a wildfire-prone area and don't accept the possibility your home might burn, you're never going to take the necessary steps to plan what you would do in the situation. Denial can have costly and terrifying consequences. On the other hand, once you accept the house might burn, you're going to start thinking much more seriously about precisely what you need from it, and how you want to get out.

You Accept, Not Agree

Just because you accept that a situation could occur doesn't mean you are choosing this outcome. You only agree the condition is possible, much like we accept the fact that it's raining without necessarily wanting it to rain.

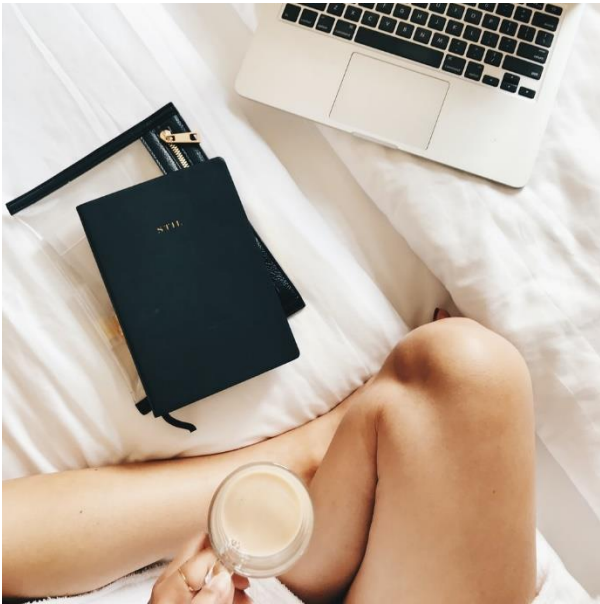
Acceptance is Conscious

You have to decide you're going to accept the situation consciously. You cannot reach acceptance by accident, nor is it a natural outgrowth of what's going on. Acceptance is always intentional and doesn't happen unless you have a conversation with yourself where you say, 'I am accepting this upheaval in my life.'

Acceptance isn't a Stopping Place

Just because you've accepted the situation doesn't mean you sit down and do nothing. Acceptance is not, nor can it be the ending place in the process. There are things you're going to have to do yet, so get ready to work.

Planning



While you can't plan for every bad thing that might happen, you should at least have some basic ideas about how you would react to severe disruption to your life. Planning is part of preparedness, and it's never too late to start putting together information. Even if you're already in the crisis, you're going to need to do some serious planning as you figure out your next steps. Here's where you get bonus points for having backup plans for the original plans too!

How do you plan for upheaval? First, you're going to want to keep these two things in mind:

Practice Perspectives

Before you sit down to plan out anything, you need to look at the problem from a variety of angles. You might not be seeing the whole picture from where you are. Take a step back. Ask yourself what the long-term consequences might be. Then move in closer. What are the short-term issues? Are there ramifications on health? Finances? Socially? Only when you think you have a good handle on the problem are you ready to move on to the next step.

Figure Out What *You* Would Do

It's all well and good to read articles and hear about what someone else did in the same situation, but you might not have the same skills or resources. You're looking at what you can do yourself. What are your limitations? What resources can you employ? How can you handle this problem creatively? Asking these questions helps you keep your plans grounded in your reality.

With these two things out of the way, now you're ready to tackle the planning process itself. The most straightforward set of steps looks like this:

Assess the Situation

What's going on? If you're using what you gained from looking at things from different perspectives, you should already have a pretty good grasp of what's happening in this particular upheaval. If you're still unsure of anything, spending a little time gathering data is not only wise but necessary so that you can create the best plan. If you're looking to plan for future crises, you're going to want to do a risk assessment. For example, living in an area where you frequently get tornadoes means you will want to create an action plan concerning what to do during those kinds of storms.

Make a List

Lists are great because they put out on paper, or at least on screen, what you know and what you have visually. Things to include: Problems. Resources. Are there trends you need to be aware of about what's happening or could happen in the future (for example, going back to our tornado example, are there more tornadoes now than there used to be? Are they more severe? What do you see yourself needing to get through the current crisis? What would be good to have on hand should this happen again? What would you want on hand if a new upheaval were to strike? All of this is your raw data, and you're going to use it in the plan-making process.

What Do You Need?

As you list out things, you're likely to notice gaps in your knowledge or resources. For example: do you know where the exits are from your subdivision if you need to evacuate? What about the location of evacuation centers? In another scenario, you might want to have emergency supplies on hand. Do you know what those would look like? Do you know first aid? Whatever you think you need, now is the time to learn it. If you're in the upheaval already, this is especially crucial. For example, if you were diagnosed today with cancer, what do you know about treatments or options? Of course, this step can be very hard. We don't know what we don't know. When this happens, our best recourse is research. Talk to people who have been through it or find expert advice from professionals who have been studying the situation.

Create Possible Scenarios

What do you think might happen from here? When you're in the upheaval, you need to have at least an idea of what's going to happen next. Sometimes this step can feel very uncertain. In this case, construct multiple scenarios, including the worst-case scenario and a more likely middle outcome. If you're planning for future upheaval, you're going to want to create various scenarios to examine, drawn from the data you've already gathered. What are the most likely things to have happen? Now add to these scenarios a possible solution.

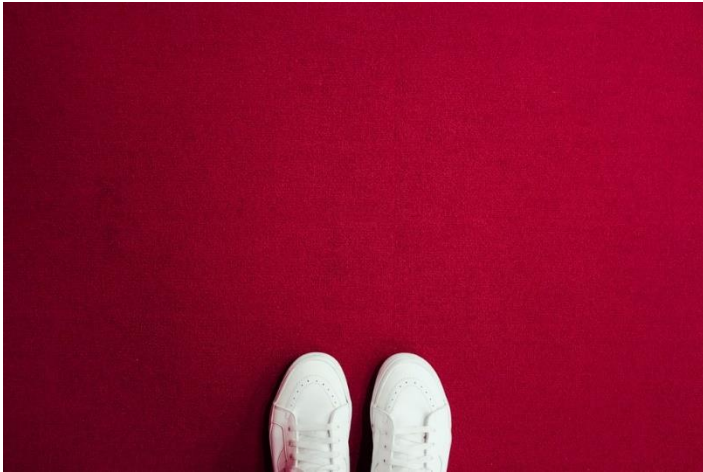
Examine the Scenarios

Now you want to take a step back from those scenarios you've created. If you were a stranger looking at them for the first time, what would you notice? Are the situations reasonable? Do the results seem logical? Are the action steps you came up with for solutions things you can physically do, or are they more wishful thinking? Here's where you want to knock out the impossible or improbable. You might want to rework things a little. If you're not sure, this might be an excellent time to get an opinion from someone you trust in what you're thinking. Remember, though, the opinion of your mother regarding your medical diagnosis shouldn't carry the same weight as the opinion of your doctor. (Unless of course, your mother is a doctor and specializes in that field).

Fine Tune the Plan

Now that you have a clear picture put your final tweaks on what you're thinking of doing. Go through it one last time to make sure you have everything you need.

Control



At this point, you're going to start exerting what control you can in the situation. Remember, upheaval can spiral out of your control at any moment, so if you don't get things in order now, it's going to be much worse when disaster hits. Again, if you're already in upheaval, you need to regain as much control as possible now, before the situation gets worse.

It's not always easy to feel in control, especially during a disturbance. Here's where you want to start building in practices where you create power in your life. Start with these steps:

Control Your Schedule

During upheaval, you need to start guarding your resources, including your energy and time. You really can't take on anything extra right now. Start saying 'no' to things as soon as possible. If you're prepping for future upheaval, it's likewise a good idea to build some time into your schedule by guarding what you put on it in the first place to keep you from being overwhelmed or unable to act at all should something happen.

Control Influences

If you're surrounded by people who bring you down, it's time to set some boundaries. When in crisis, you certainly don't need this kind of influence. Even in preparing for the future, are these the people you want in your life? Your friends should be people you can count on, who have your back—not those who are more likely to stick at the knife in it at the first opportunity.

Control the Negativity

Just as you don't need outside influences bringing you down, you don't need to do it to yourself. Drop the negative self-talk. In any scenario, this isn't helpful.

Control Your Growth

It's up to you to learn what you need when you're in upheaval. Immediately adopting a growth-mindset means you're going to take time to figure out how to get that knowledge, and then to go out and do it. If you're prepping, it's time to make a plan to learn things, such as arranging to take a class.

Control Your Emotions

You're not going to get anywhere in an upheaval if you're letting your emotions make your decisions for you. Here's where you need to exert your control immediately. It's ok to feel what you feel, but you absolutely must not react without thinking first. This is the first actual control you need right now, and the most important. The same holds true for preparation.

Control Your Resources

No matter whether you're in crisis or preparing for it, you're going to need the funds. Everything costs money and let's face it, if you have a fund for emergencies you'll always come out ahead. In preparing for the future, take control of your finances early and start saving for a 'rainy day.' During upheaval, you need to immediately begin budgeting what you have to make sure you have for later.

Control Your Actions

Being able to step back and think first without acting is a skill you need to learn no matter where you are in upheaval. You shouldn't make a move without first considering the angles and whether your planned action will benefit you or not. If it is unclear if it will help you in some way, don't do it.

Support



It's crucial in this process to build a reliable support system consisting of those friends and family who mean you can trust to be on your side. But remember, if you're expecting people to be on your inner circle, you've got to expect to be a support for them when they need you as well.

Some tips for building a support system when you don't already have one in place:

Start with Whom You Have

You're probably already got some people in your corner, so you want to start here with the people you know. Include only those you've found helpful in the past, including those who are always encouraging, upbeat, or those you can trust to tell it like it is.

Develop Interests

If your circle isn't extensive yet, this would be an excellent time to cultivate some interests and meet new people who are interested in the things you are. If you're in the planning stages, this is a great time to join a sports team, engage in hobbies with others, or look for a workout partner. Typical areas of interest help to build new friendships quickly. If you're in the middle of upheaval don't let that keep you from building relationships in smaller ways, such as joining online groups where you can socialize more at your own pace. Support groups can be especially helpful at this time.

Identify Roadblocks

Sometimes we push people away because of our history with them. Here's where you might need to spend some time working through old issues, or even pursuing counseling to help you open up to those around you.

Ask For Help

In the end, no one is going to understand that you need help if you never ask. You might already have the best support system in the world waiting to carry you through this, but they're all just waiting for you to ask.

Mind, Body, and Health



In the end, the best way to deal with any major disruption is to face it being sound of mind and body. If your health is suffering, you're not going to be able to think clearly or to tackle what comes next. Mental fatigue dulls you out completely. As you saw in the previous chapter, there are many health problems associated with upheaval. Here is where you mitigate those problems completely.

Take Care of Your Physical Self

You have to eat right, sleep at least 7 – 9 hours a night, drink plenty of water, and exercise. These are the core things everybody needs to feel healthy. By focusing on the basics, you'll give yourself the best chance at getting through the action plan you created in step 3.

Find a Life Balance to Build Emotional Health

Journal to work through emotions. Take time for yourself. Meditate. Find calm. All these things will help you to keep yourself on track as much as possible while going through upheaval. The main point here is to address mental health needs. You have got to give yourself a break. If you feel like crying, then cry. If you need to think about something else for a while, indulge in a distraction. The key here is to put a time limit on all these activities. A break can become escapism very quickly or turn into wallowing in grief, which isn't healthy. Besides, there comes a time when you genuinely do need to get back to work.

We've addressed the plan. Now let's see what action looks like in a variety of circumstances.

Real-Life Examples

Remember all those real-life disruptions we mentioned at the beginning of chapter two? Let's look at those, including some thoughts on how you can prepare for these kinds of disasters.

Losing Your Job



Of everything on this list, losing your job is probably one of the most common upheavals people go through. Thankfully there are several strategies to get yourself back on track. Most of these are pretty self-explanatory. When it comes to a side job or volunteering, keep in mind both of these opportunities might leverage into a new position in the future. By being proactive, you're going to want to be alert. If the writing truly is on the wall where you work, don't wait until the last minute to shop around for a new job.

- Build an emergency fund
- Build your network consistently
- Keep in touch with people you might want for references
- Keep to a budget
- Start a side-hustle
- Volunteer
- Keep your resume updated
- Know the local job market
- Understand unemployment policies
- Continue your education
- Be proactive

House Fire

A house fire can be a terrifying situation to live through. Of course, the important thing here is to recognize your number one goal always should be getting out alive. People can't be replaced, but stuff can. You can't always keep your home as safe as you'd like, especially if you live in an area prone to wildfires, which are discussed under natural disasters. For a standard house fire consider these things:

- Ensure you have the right number of working smoke detectors throughout your home
- Place fire extinguishers handy in places where fires typically start (Kitchen, Laundry Room)
- Practice how to escape in case of fire with your family
- Designate a meeting place outside
- Discuss with family members how and when to call 9-1-1

Stock Market Crash

The status of the stock market is one of those things where you have no control over the circumstances, but you can mitigate the fallout. There's a lot of information out there about how to manage finances, so we'll just drop a few quick tips here to help out.

- Diversify. If one stock falls, you'll have others to fall back on
- Focus on investments that are more long-term in nature
- Take advantage of the drop by investing while things are low
- Keep up with the news and follow trends to catch what's happening early
- Never invest more than you can safely lose without affecting your core income
- Have access to cash in case your funds are completely tied up
- Hire an advisor you can call if things get messy or you need help

Diagnosis

A life-threatening diagnosis is somewhat different from the next heading of a pandemic, in that here we're concentrating on what to do if you or someone you love discovers they're critically ill. These next steps are crucial:

- Become informed and understand your diagnosis
- Connect with others who've been there through support groups
- Find helpers who can step in with meals, rides, and other assistance
- Accept things will change
- Get healthy in other ways. For example, exercise and a proper diet will provide added strength to help you get through treatment



Pandemic

When illness is spreading rapidly, it's easy to get caught up in worry and fear about the future. After all, the germ is out there, and you're going to be doing your best to stay safe. What to do?

- Stay calm
- Tune in only to news sources you can trust
- Make sure you're stocked up on food and basic needs so you can minimize trips to the store
- Practice stringent hand-washing routines, especially if you've been out in the world
- Educate yourself about the disease
- Plan for what to do if you fall ill

Natural Disaster

Earthquakes, tornado, tsunami—the world is a dangerous place. Being prepared for something which can violently happen without notice is complicated. No matter what, remember your personal safety comes first. Abandon the Go Bag and pets if you don't have time for them. Only follow these tips if you have advance warning to allow for them. Your Go-Bag should have a change of clothes, your medications, and some cash in them as well as whatever essential papers you might need.

- Have a go-bag for each family member during fire or tornado season
- Keep important papers Where you can grab them quickly
- Subscribe to services that keep you informed of fire movements or severe weather activity
- Have supplies in your tornado shelter
- Keep your phone charged and on you at all times
- Listen to evacuation orders. If you're supposed to leave, leave.
- Have pet carriers handy for each pet so you can just grab them and go
- Keep a full tank of gas at all times, so you're ready to evacuate
- Know where the disaster relief center is
- Understand how to get to the disaster relief center through more than one route if you can in case some roads are blocked off

War

Nothing is more uncertain than war. If you're living in an area where this kind of upheaval is likely, then you are going to want to grab a lot of the tips about evacuation and Go-Bags from the section on natural disasters because sometimes your best recourse is going to be to get out fast. Otherwise, you need three things.

- Secure shelter—the key here is safety and something you can defend if need be
- Acquire adequate drinking water. You need one gallon per person per day
- Ensure you have enough food for each person in your household to get you to safety

Death



As sad as it sounds, preparing in advance for the inevitable will make things at least a little bit easier for those left behind. If you're helping others plan for the end, you might want to include ways to help them say goodbye to those who matter in their lives. In either case, these are things you want to consider doing in advance:

- Decide a power of attorney. The dying process might not leave you the ability to make decisions about pain management or extreme measures
- Obtain legal advice about how to handle the estate
- Create a will
- Make funeral plans, including burial options
- Pre-pay final expenses

Of course, other disasters could cause upheaval in your life. It's up to you to decide what's likely to happen to you and to prepare the best you can for them. Hopefully, these lists gave you some ideas for a jumping-off point to your preparedness.

Be smart. Be creative. Be safe.

Conclusion

No matter what, you're still going to experience moments in your life where things feel beyond your control. But by knowing how to deal with upheaval when it comes, you're already coming out ahead. Being prepared for upheaval means when it does happen, you're in the perfect position to act now to stay in control.

The key to surviving upheaval then lies in following the steps given here in this book. Work the plan, and you'll feel stronger and be able to act with authority. Here is where your preparation truly pays off.

Just remember, you'll get through this. You're smart. You're savvy. You're prepared. Take it one day at a time, and you'll be just fine.