

UPHEAVAL

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?

The Reality

- ✓ 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 often outside our control

Types of Major Upheaval

- ✓ Loss of Job
- ✓ Stock Market Crash
- ✓ Cancer
- ✓ Death in Family
- ✓ Pandemic
- ✓ Forest Fire
- ✓ War
- ✓ House fire
- ✓ Earthquake
- ✓ Suicide
- ✓ Hit & Run

Emotional Effects of Upheaval

- ✓ Shock
- ✓ Disbelief
- ✓ Fear
- ✓ Sorrow
- ✓ Weakness
- ✓ Anger
- ✓ Guilt
- ✓ Shame
- ✓ Worry
- ✓ Confusion

Physical Effects of Upheaval

- ✓ Lightheadedness
- ✓ Uncontrollable Shaking
- ✓ Breathing difficulty
- ✓ Upset stomach
- ✓ Sleeplessness
- ✓ Headaches
- ✓ Inflammation
- ✓ Loss of Appetite
- ✓ Increased Appetite
- ✓ Exacerbated Pre-Existing Conditions

Dealing With Upheaval

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