

You're feeling SURPRISED.
Don't be; It will be something good.

Allah Says:

They said, 'Are you amazed at Allah's decree? [That is] Allah's mercy and His blessings upon you, members of the household. Indeed He is worthy of Praise, Glorious.
(Quran:11:73)

Prophet Muhammad(SAW) said:

Jabir reported:

The Messenger of Allah, peace and blessings be upon him, said, "If one of you is absent for a long time while traveling, let him not startle his family in the night on his return."

Source: Ṣaḥīḥ al-Bukhārī 4946, Ṣaḥīḥ Muslim 715

Dua we've been taught as muslims:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ

O Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being overpowered by men

What to do:

Remember Allah(SWT) and ask for his mercy.

Pray for guidance and ease for your heart

Listen Surah Rehman with translation.

Do Zikr and stay in wudu

Recommendations:

Book:

Surprise: Embrace the Unpredictable and Engineer the Unexpected
by Tania Luna

Podcast:

The Podcast of Surprise
(The Witcher).

Movie:

.The girl on the train

Psychological Therapies:

- Pause before you act.
- Don't assume that the things you don't want are bad.
- Plan for everything to turn out well.
- Trust in your ability to be OK.