



**A WORLD  
IN TURMOIL**

**HOW YOU  
CAN COPE**



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As world conditions worsen, more of us are suffering the tragic consequences of both natural disasters and man-made problems. Learn how you can cope with such challenges and minimize their effect on you and your loved ones.



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# A World in Turmoil —How Can You Cope?

Do you feel that the problems common in the world are now, more than ever, affecting you personally? Do you encounter any of the following where you live?

- armed conflicts
- epidemics
- natural disasters
- poverty
- prejudice
- violent crime

When tragedy strikes, many victims experience shock and hopelessness. Some people react to calamities with what has been called emotional flatness. Yet, when facing a tragedy, prolonged shock and emotional paralysis only make things worse.

In the midst of turmoil, you must act decisively to protect your loved ones, your health, your livelihood, and your happiness.

What can you do now to minimize the impact that this world's turmoil has on you personally?



# 1

A WORLD IN TURMOIL

# Protect Your Health

## WHY IT MATTERS

A crisis or a disaster can negatively affect people's health either directly or indirectly.

Adversities leave people feeling stressed, and prolonged stress can make them more susceptible to illness.

Crises can strain health-care systems and limit the availability of medical resources.

Calamities affect people's finances, hindering their ability to pay for essentials such as nutritious food or health care.

## What You Should Know

- Serious illness and mental stress can affect your judgment, which can cause you to neglect healthy habits. As a result, you may become even sicker.
- Left untreated, health problems can worsen and even threaten your life.
- The healthier you are, the better prepared you will be to make good decisions in the midst of turmoil.
- Regardless of your economic situation, you can take steps to protect your health.

## What You Can Do Now

Whenever possible, a wise person considers potential dangers and takes preventive measures to avoid them. This may be applied to health. Often you can minimize the risk of disease or its severity by practicing good hygiene. Prevention is better than cure.

“By keeping ourselves and our living space clean, we definitely save on expenses related to doctor visits and medication.”—Andreas.\*

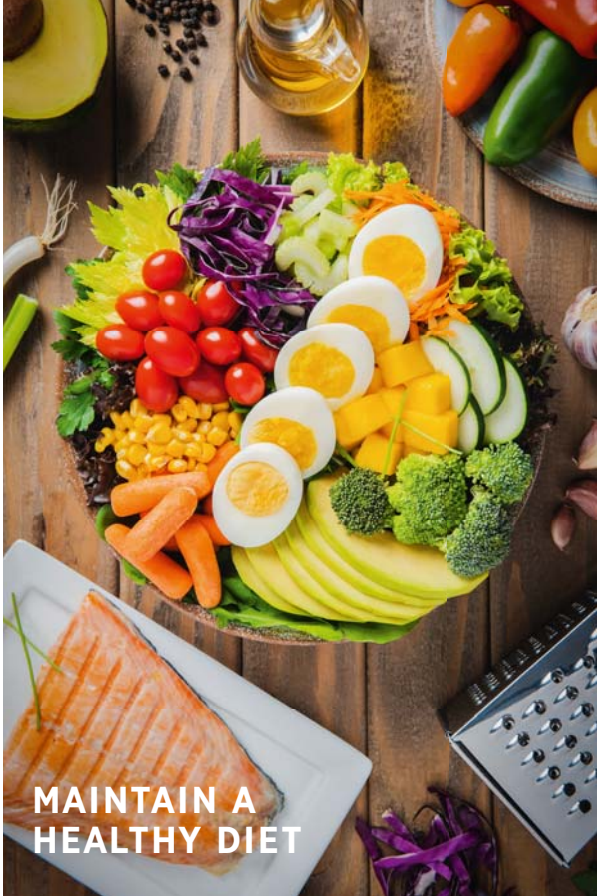
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\* Some names in this magazine have been changed.





**PRACTICE  
GOOD HYGIENE**



**MAINTAIN A  
HEALTHY DIET**



**GET  
REST**

During times of turmoil, protect your health by following these practical steps



**EXERCISE**

## HOW TO COPE

# Helpful Tips

### PRACTICE GOOD HYGIENE

**The Bible says:** “The shrewd one sees the danger and conceals himself.” (Proverbs 22:3) Try to anticipate and avoid potential threats to your health.

- Wash your hands frequently with soap and water, especially before touching food or after using the toilet.
- Regularly clean and disinfect your home, particularly surfaces and objects that are touched frequently.
- Whenever possible, avoid close contact with people who have an infectious disease.

### MAINTAIN A HEALTHY DIET

**The Bible says:** “No man ever hated his own body, but he feeds and cherishes it.” (Ephesians 5:29) We show that we love our body by being careful about what we take in.

- Drink plenty of water.
- Eat a wide variety of fruits and vegetables.
- Limit your intake of fats, salt, and sugars.
- Do not use tobacco or abuse alcohol or drugs.

“To avoid getting sick, we try to maintain a healthy diet; otherwise, we would have to spend our small income on medical expenses. We prefer to invest in a good diet.”—Carlos.

### GET EXERCISE AND ENOUGH REST

**The Bible says:** “Better is a handful of rest than two handfuls of hard work and chasing after the wind.” (Ecclesiastes 4:6) We need to balance work with sufficient rest.

- Stay physically active. You can start by just taking regular walks. Physical activity can improve your health even if you are older, disabled, or limited by chronic illness.
- Get proper rest. In the short term, insufficient sleep can increase stress and reduce concentration. Over time, it can lead to serious health problems.
- Set a realistic time to go to bed, and follow through with it. Try to go to bed and get up at the same time every day.
- Avoid watching TV or using electronic devices in bed.
- Avoid heavy meals, caffeine, and alcohol before bedtime.

“I find that my sleep affects all aspects of my health. If I do not sleep enough, I sometimes get headaches and my body feels sore. But when I get plenty of sleep, I feel as though I could take on the world! I have lots of energy, and I get sick much less frequently.”—Justin.

**LEARN MORE.** Watch the video *Virus Outbreaks—What You Can Do*. Search for the video title on [jw.org](http://jw.org). Also, read the article “Ways to Improve Your Health.” Search for the article title on [jw.org](http://jw.org).



# 2

A WORLD IN TURMOIL

## Protect Your Livelihood

### WHY IT MATTERS

Many people struggle each day just trying to make ends meet. Sadly, world turmoil can make that challenge even more difficult. Why?

Communities in turmoil experience a rise in the cost of living—including food and housing.

Crises can increase unemployment or decrease wages.

Disasters can damage or destroy people's business establishments, homes, or other assets, forcing many into poverty.

### What You Should Know

- The better you manage your money, the better you may be able to cope during a crisis.
- Financial security is not necessarily permanent; income, savings, and assets can lose value.
- There are things that money cannot buy, such as happiness and family unity.

### What You Can Do Now

**The Bible says:** “Having food and clothing, we will be content with these things.”—1 Timothy 6:8.

Being content involves limiting our *wants* and being satisfied when our daily *needs* are met. This is especially important when our livelihood has been affected.

To be content, you may have to adjust your lifestyle. If you live beyond your means, your financial situation will only get worse.





**AVOID  
DEBT /  
SAVE  
MONEY**

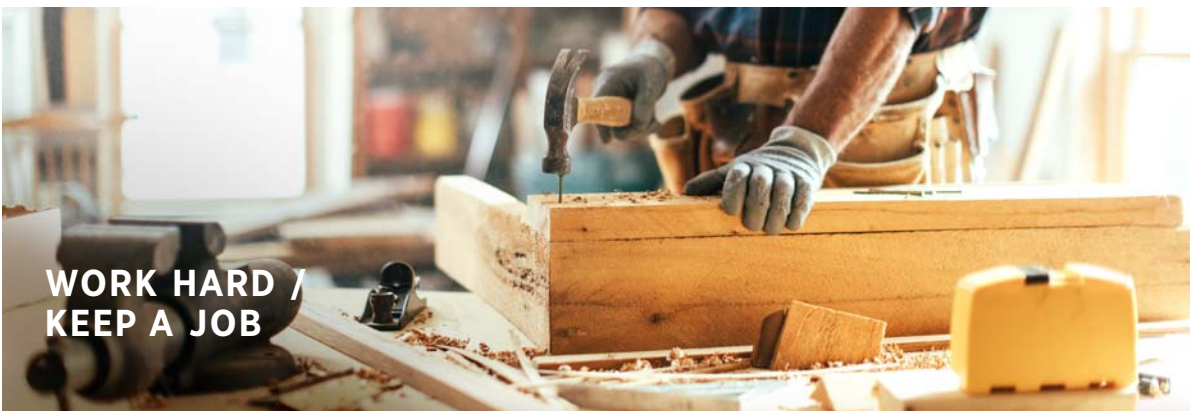


**MAKE A  
BUDGET**



**REDUCE  
EXPENSES**

During times of turmoil, protect  
your livelihood by following  
these practical steps



**WORK HARD /  
KEEP A JOB**



# Helpful Tips

## REDUCE EXPENSES

- Delay upgrading or replacing appliances or clothing. Ask yourself: 'Can I do without a vehicle? Can I plant a vegetable garden?'
- Before buying something, ask yourself: 'Do I really need it? Can I afford it?'
- Apply for government or humanitarian assistance if it is available.

"We sat down as a family and looked at our lifestyle. We canceled or reduced any forms of recreation that cost money. We also started preparing meals that cost less."—Gift.

## MAKE A BUDGET

**The Bible says:** "The plans of the diligent surely lead to success, but all who are hasty surely head for poverty." (Proverbs 21:5) A budget will help you make sure that your expenses do not exceed your income.

- First, list your expected monthly income.
- Next, itemize your current monthly expenses and carefully examine your spending habits.
- Then compare your income with your expenses, and if necessary, identify what you can reduce or eliminate to stay within your income.

"Each month, we make a list of our income and expenses. We try to maintain an emergency fund and plan for future expenses. Thanks to this, we are less anxious because we know in advance how we will use our income."—Carlos.

## AVOID DEBT / SAVE MONEY

- Have a good plan to reduce debt. If possible, avoid debt altogether. Instead, try to save up to buy what you need.
- Set aside a little money each month to have a fund for expected or unexpected future expenses.

## WORK HARD / KEEP A JOB

**The Bible says:** "There is benefit in every kind of hard work."—Proverbs 14:23.

- Maintain a good attitude about your work. Even if your job is not your dream job, it still gives you an income.
- Strive to be industrious and dependable. This can help you keep your employment or, at the very least, make it easier for you to obtain future employment.

"I take the jobs that are available, even if I don't like the work or the salary isn't as much as I would expect. I am always conscientious and do good, quality work, as though I were working for myself."—Dmitriy.

## If you are looking for work . . .

- Take the initiative. Call on businesses that could have jobs you can do, even if they have not advertised a position. Tell friends and family that you are looking for work.
- Be adaptable. You are unlikely to find a job that has everything you want.

**LEARN MORE.** Read "How to Live on Less." Search for the title on [jw.org](http://jw.org).



# 3

A WORLD IN TURMOIL

## Protect Your Relationships

### WHY IT MATTERS

As anxiety over world turmoil increases, many people unwittingly allow their relationships to suffer.

People isolate themselves from their friends.

Spouses become increasingly contentious with each other.

Parents pay little or no attention to the anxieties of their children.

### What You Should Know

- Friendships are essential to your health and stability, especially during difficult times.
- The stress that results from world turmoil can test your family life in unexpected ways.
- Disturbing news reports may affect your children more intensely than you realize.

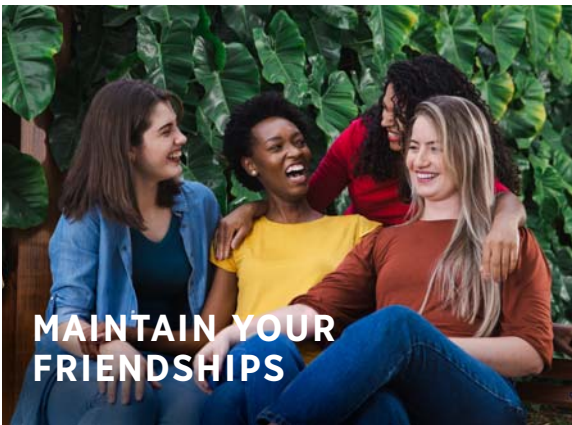
### What You Can Do Now

**The Bible says:** “A true friend shows love at all times and is a brother who is born for times of distress.”—Proverbs 17:17.

Think of someone who is supportive and can give practical advice. Just knowing that someone cares can strengthen your determination to face up to the day’s challenges.



**STRENGTHEN YOUR  
MARRIAGE**



**MAINTAIN YOUR  
FRIENDSHIPS**

During times of turmoil, protect  
your relationships by following  
these practical steps



**BE A SUPPORTIVE  
PARENT**



# Helpful Tips

## STRENGTHEN YOUR MARRIAGE

**The Bible says:** “Two are better than one . . . For if one of them falls, the other can help his partner up.” (Ecclesiastes 4:9, 10) Marriage mates should act as a pilot and a copilot with the same flight plan, not as two fighter jets on a collision course.

- Resolve that you will not take out your stress on each other. Patience and tolerance go a long way.
- At least once a week, discuss with your mate the situations that need to be addressed. Remember to target the problem—not each other.
- Make time to do things together that you both enjoy.
- Reminisce about good times that you have shared together, perhaps looking at photos of your wedding or other pleasant memories.

“A couple might not agree on everything, but that doesn’t mean that they can’t work as a team. A couple can make a decision together and then work together to make that decision succeed.”—David.

## MAINTAIN YOUR FRIENDSHIPS

- In addition to *receiving* support from friends, think of ways you can *give* support. By strengthening others, you strengthen yourself.
- Reach out to a couple of friends each day to see how they are doing.
- Ask your friends how they have coped with challenges that are similar to the ones you are facing.

“When you face a storm of adversity, friends are like a point of reference. They can nudge you in the right direction, even if it’s just by reminding you of things that you already know. Friends care for you, and they know that you care for them.”—Nicole.

## BE A SUPPORTIVE PARENT

**The Bible says:** “Be quick to listen, slow to speak.” (James 1:19) Initially, your children may be reluctant to express their fears and concerns, but by patiently listening, you will help them to open up.

- Create an environment that makes it comfortable for your children to express themselves. Some children talk more readily while relaxed, such as when riding in the car or walking, rather than when sitting with a parent face-to-face.
- Make sure that your children are not over-exposed to disturbing news reports.
- Let your children know what steps you have taken to keep the family safe.
- Have a plan for emergencies, and rehearse it with your children.

“Talk to your children, and allow them to express how they feel. They might be hiding their fear, anxiety, or anger. Let them know that you struggle with the same feelings, and tell them how you’ve dealt with such feelings.”—Bethany.

**LEARN MORE.** Watch *Your Family Can Be Happy*. Search for the video title on [jw.org](http://jw.org).



# 4

A WORLD IN TURMOIL

## Protect Your Hope

### WHY IT MATTERS

Anxiety over world turmoil can take a toll on people physically and emotionally. Many who have been affected by these events see no hope on the horizon. How do they react?

Some refuse even to think about the future.

Others escape their anxieties through alcohol or drugs.

A few conclude that death is preferable to life. “Why go on?” they ask.

### What You Should Know

- Some of the problems you face might be temporary and could change unexpectedly for the better.
- Even if your situation does not change, there are things you can do that can help you deal with it.
- The Bible provides genuine hope—a permanent solution to mankind’s problems.

### What You Can Do Now

**The Bible says:** “Never be anxious about the next day, for the next day will have its own anxieties. Each day has enough of its own troubles.”—Matthew 6:34.

Take one day at a time. Do not let anxieties about tomorrow keep you from handling today’s responsibilities.

Worrying about negative things that *might* happen will only add to your stress and weaken your hope for a better future.

# Helpful Tips

## FOCUS ON THE POSITIVE

**The Bible says:** “All the days of the afflicted one are bad, but the one with a cheerful heart has a continual feast.” (Proverbs 15:15) A negative outlook can blind you to solutions that are readily available. In contrast, a positive attitude might help you think of ways to deal with your situation.

- Limit the amount of time and attention you give to the news.
- At the end of each day, list two or three things for which you can be thankful.
- Make a to-do list, and include only what you can do today. Break down larger tasks into smaller ones so that you will see the results of your efforts at the end of the day.

## GET SUPPORT

**The Bible says:** “Whoever isolates himself . . . rejects all practical wisdom.” (Proverbs 18:1) You cannot climb out of a deep pit by yourself, but with a helping hand, you can succeed.

- Reach out to family members or friends for support.
- Also, look for ways that *you* can help *them*. Doing things for others will help you keep your problems in perspective.
- If you have lost hope and feel that life is not worth living, consider getting a medical checkup. Sometimes feeling overwhelmed is a symptom of a health disorder, such as depression. Many people have been helped by getting treatment.\*

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\* *Awake!* does not endorse any particular health treatment.





# The Bible Offers Genuine Hope

An ancient psalmist said in prayer to God: “Your word is a lamp to my foot, and a light for my path.” (Psalm 119:105) Consider how the Bible—God’s Word—is just that.

On a dark night, a lamp helps us decide where to walk. Likewise, the Bible contains practical wisdom that can guide us when we need to make a difficult decision.

A light can illuminate our path so that we can see what is farther ahead. In a similar way, the Bible can illuminate our view of what the future holds.



The Bible is a sacred book that not only traces man’s history from the start but also provides genuine hope for the future. It answers these questions:

## How?

How suffering began: The Bible says that “through one man sin entered into the world and death through sin, and so death spread to all men because they had all sinned.”—Romans 5:12.

## Why?

Why human rule has failed to fix our problems: The Bible says that “it does not belong to man who is walking even to direct his step.” (Jeremiah 10:23) A look at the world scene confirms that fact.

## What?

What God will do to address the situation: The Bible shows that “he will wipe out every tear from their eyes, and death will be no more, neither will mourning nor outcry nor pain be anymore.”—Revelation 21:4.

**LEARN MORE.** Watch *Why Study the Bible?* Search for the video title on [jw.org](http://jw.org).



# In This Issue of *Awake!*

The world is in turmoil. Sooner or later, natural disasters and man-made problems are likely to bring suffering to each one of us. How can you and your family cope with the turmoil affecting mankind? **Learn how you can:**

1

**Protect Your Health**



2

**Protect Your Livelihood**



3

**Protect Your Relationships**



4

**Protect Your Hope**



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