

Managing Uncertainty & Anxiety

Uncertainty is an unavoidable part of life. Although, we can't predict the future we can find ways to better face life's uncertainties. Here are some simple steps to get you started...

IT'S NORMAL TO FEEL UNCOMFORTABLE

Adapting to changing situations can take us out of our comfort zones.

Instead, allow yourself the time to adapt to changes. Treat yourself kindly and know that you are doing your best if things aren't perfect.



FOCUS ON THE THINGS YOU CAN CONTROL

Chances are there are many things in your day that you can control. Your daily routine, weekly meal planning or a regular phone call.

Focusing on what is within your ability to change can increase feelings of control and order.



REFLECT ON PAST SUCCESSES

It's more than likely that you have got through uncertain situations in the past and made it out the other end!

Think back to what helped you during those times and what might you do differently this time.



HAVE PLANS. INSTEAD OF "WHAT IF?" ASK "WHAT WILL I DO IF?"

Instead of imagining the worst case scenario, ask yourself what the most likely outcomes are.

If what you worry did happen, what useful actions could you take to manage the situation? Could you take any of those actions now?



CONSIDER POSSIBILITIES FOR IMPROVEMENT

Could this uncertain situation be an opportunity to learn a new skill, pick up a new hobby or to nurture a relationship?

Often uncertain times allow us to change and grow. Consider how you can use this opportunity to make improvements.



STAY FLEXIBLE

Monitor your expectations and lower them if needed.

Have the flexibility to know that things may be different for a while but not forever. Be willing to approach things in new ways.

