



Coping with Uncertainty

Uncertain times can leave us feeling anxious and stressed, and for many of us life feels particularly uncertain lately. Keep in mind that in life, no one can avoid the unexpected. But these simple steps from the American Psychological Association can help you better face life's uncertainties:

Be kind to yourself. Remind yourself that it might take time for the stressful situation to resolve, and be patient with yourself in the meantime.

Reflect on past successes. Chances are you've overcome stressful events in the past. Give yourself credit.

Develop new skills. When life is relatively calm, make a point to try things outside your comfort zone. Taking risks helps you develop confidence and skills for times when life veers off course.

Limit exposure to news. Compulsively checking the news only keeps you wound up. Limit your social media and news exposure during particularly vulnerable times of day, such as at bedtime.

Avoid dwelling on things you can't control. Get out of the habit of ruminating on negative events.

Take your own advice. Ask yourself: If a friend came to me with this worry, what would I tell her? Imagining your situation from the outside can often provide perspective and fresh ideas.

Engage in self-care. Make efforts to eat well, exercise, and get enough sleep.

Seek support from those you trust. Social support is important, so reach out to family and friends.

Control what you can. Establish routines to give your days and weeks some comforting structure.

Ask for help. If you're having trouble managing stress and coping with uncertainty on your own, get help. Start by contacting your Employee Assistance Program.

Here when you need us.

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