

# WORRIER TO WARRIOR: DEALING WITH UNCERTAINTY

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#WellbeingWarriors



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“Uncertainty is the only certainty there is, and knowing how to live with insecurity is the only security.”

John Allen Paulos

Living with uncertainty can be unsettling and anxiety-provoking. Our brain is continuously making judgements about what is safe and what isn't and will do almost anything for the sake of certainty. This could lead to overestimating threats and underestimating your ability to handle them – all in the name of survival! When we face uncertainty about the future, situations & events can feel like they are out of our control. This often triggers negative emotions, such as anxiety, fear and anger – emotions that we try and avoid.



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# 10 tips on how to deal with uncertainty:

## Acknowledge your feelings and emotions

Allow yourself time to reflect on what you are feeling and how you may be reacting to any fears and uncertainties of the future.

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## Avoid dwelling on things you can't control

When uncertainty strikes, many people immediately imagine worst-case scenarios. Get out of the habit of ruminating on negative events.

## Realistic expectations

When you form unrealistic expectations, you might set yourself up for disappointment. If you expect the worst, you'll probably feel too negative and prejudiced to notice and seize opportunities. You can guide your tomorrow, but you can't control the exact outcome.

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## Control what you can

Focus on the things that are within your control, even if it's as simple as your weekly study plan or taking out your gym clothes the night before to start your day with some indoor exercising.

## Take your own advice

Ask yourself: "If a friend came to me with this worry, what would I tell them?". Imagining your situation as an outsider can often provide perspective and fresh ideas.

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## Seek support from those you trust

6 Stay socially connected during the lockdown. Many people isolate themselves when they're stressed or worried. But social support is important, so reach out to family and friends. It is a good way to maintain emotional balance and weaken the pull of runaway thoughts of uncertainty.

## Maintain your normal day-to-day activities and routines (as much as is possible)

7 This will be especially challenging during the lockdown. Routine can foster a sense of normality and give your days and weeks some comforting structure.

## Engage in self-care

8 Don't let negative emotions disrupt your healthy routines. Make an effort to eat well, exercise and get enough sleep. Many people find an emotional release in practices such as reading, writing, watching series and yoga.

## Practice mindfulness

9 Stay grounded in the present moment, which can help you maintain an internal sense of stability and balance when other parts of your life feel out of control. For a list of grounding exercises, [click here](#).

## Focus on resiliency

10 The human spirit is remarkably resilient. Think back to your moments of overcoming adversity. We all have that resilience within us. We need to be reminded of it during times of uncertainty.

*The uncertainty can keep you up at night, obsessing over ways to protect yourself from anything that might go wrong. Or it can motivate you to practice acceptance; live in the moment; and embrace the adventure of living. Today, focus on the possibilities, not the fears, and you'll feel a whole lot better!*

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