



TIPS

Don't use emotions or anxiety to analyze a threat.

Don't prejudge an outcome or result.

Actively exercise control over those things you can control.

Remember that everything changes. That is the great thing about change. That this too shall pass.

Remember that all change will make you more robust for the next change. It is easy to dismiss change as unwelcome, but that does not disinvite change in your life. It is here so recognize its importance for making you more robust for the next change or uncertainty in your life. As the Psychology Today "Long Read" article says:

"One thing to bear in mind about uncertainty is that it isn't always a bad thing. 'Uncertainty can be positive, but you have to frame it in the right way,' says Storoni. 'If everybody's future was set in stone, we would have no motivation. In fact, studies show that we learn better when we perceive uncertainty. There's a midline region of the brain, known as the default mode network, which gives you your sense of self. Basically, imagine there's a little scribe in your brain, sitting at a typewriter – and she is recording the story of your life, using all the information that's coming in. As with every story, the plot gets riveting if you don't really know how a situation is going to turn out, and you can imagine the most wonderful ending! Uncertainty allows you to dream big, to have a wider compass and to see the positive aspects of life.'"

Amongst uncertainty and change, there are always things that will remain certain. Humans have evolved to ensure that we pretty much stay the same amongst change (homeostasis, like when we sweat when we are in a room that is too hot, or shiver when it is too cold). This applies to who you are, as well. You will still be kind, funny, compassionate, quiet, etc. You will still enjoy seeing a bouncy dog, or laughing when someone sneezes funnily.

RESOURCES

"11 Ways Successful People Deal with Uncertainty", Travis Bradberry (December 2015). <https://www.forbes.com/sites/travisbradberry/2015/12/21/11-ways-successful-people-overcome-uncertainty/#4257538e2475>

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“The Great Unknown: 10 Tips for Dealing With the Stress of Uncertainty”, American Psychological Association (October 2019), <https://www.apa.org/helpcenter/stress-uncertainty>

“5 Tips to Help You Live With Uncertainty...and learn to love what you don't know”, Dr Abigail Brenner (December 2019), <https://www.psychologytoday.com/gb/blog/in-flux/201912/5-tips-help-you-live-uncertainty>

“The Psychology of Uncertainty: How to deal with COVID-19 anxiety”, Dr Bryan Robinson (March 2020), <https://www.psychologytoday.com/us/blog/the-right-mindset/202003/the-psychology-uncertainty>

“How to Deal with Uncertainty - 3 improv principles can help us feel more confident, calm, and connected”, Dr Clay Drinko (March 2020) - <https://www.psychologytoday.com/gb/blog/play-your-way-sane/202003/how-deal-uncertainty>

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