

Dealing with Uncertainty

Melissa Rosinski, LPC, Life Management Counselor
Be wEller Wellness Committee

≡♡≡ Be kind to yourself

Everyone has a different tolerance for unpredictability. Don't compare yourself to others, be patient with yourself and recognize the situation may take time to resolve.

≡♡≡ Reflect on past successes

Chances are you've overcome stressful events in the past – and you survived! Give yourself credit. Reflect on what you did during that event that was helpful, and what you might like to do differently this time.

≡♡≡ 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 that come in handy when life veers off course.

≡♡≡ Limit exposure to news

When we're stressed about something, it can be hard to look away. But compulsively checking the news only keeps you wound up. Try to limit your check-ins and avoid the news during vulnerable times of day, such as right before bedtime.

≡♡≡ Don't dwell on things you can't control

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≡♡≡ 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.

≡♡≡ Seek support from those you trust

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≡♡≡ Control what you can

Focus on the things that are within your control, even if it's as simple as weekly meal planning or laying out your clothes the night before a stressful day. 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, ask for help. A mental health professional can support you in managing uncertainty.