

Coping with uncertainty

Uncertainty is the feeling of not knowing what is going to happen, and it making you worry or feel uncomfortable.

It is a normal feeling, but there are things we can do to feel better.



Look at the six tips below to help you manage uncertainty.

1

Distract yourself by focusing on the positives

Think about something positive about the situation. Or something fun you like to do, and do it.

2

Take low and slow breaths

Imagine you are smelling a flower and then blowing out a candle on a birthday cake. This will help you relax.

3

Be kind to yourself

Say something nice to yourself and don't expect so much from yourself. You are doing great.

4

Only focus on things you can control

[Watch the circles of control video](#) and do the activity to reflect on the things you can and cannot control.

5

Think about things that won't change: your principles

Use the 'my fundamental principles' activity to think about values and ideas you have that are important to you and help guide your actions

6

Remember, kindness will keep us together

It is important to know that you are not alone. There are many people dealing with the same challenges as you and there are many kind acts that we can do to help each other.

Can you do something kind for your community today?