

Dealing with uncertainty



Check in

Write down three things that you are either uncertain about or you feel are out of your control.

1. _____
2. _____
3. _____



On a scale from 1-10, how anxious do the three items mentioned above make you feel?



3 Tips for dealing with uncertainty in life and in the workplace:

1. Work with what you are in control of.
2. Reframe your thoughts.
3. Show gratitude and appreciation.

Did you know?

On average, people have **60,000** thoughts a day and **80%** of those thoughts **are negative**.



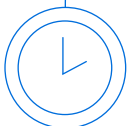
TopLine MD
Alliance

Along with the tips above, you can also take at least 5 minutes a day to reflect on yourself and focus on ways that you can reduce your anxiety in these uncertain times:



Journaling

- Start your day by looking for the good in your life by creating a new habit, like journaling.
- Write down what is stressful in your life, allowing yourself to vent out the negative thoughts.
- Write down what you are in control of and what is going right in your life. Doing this can help clear your mind and reframe your thoughts.
- At the end of the day, you can use this exercise as a reflection on how you can show gratitude and appreciation for all that you are in control of.



Taking time for yourself

Try setting time aside for yourself throughout the day. You can do breathing exercises or even a quick meditation to quiet the mind and shift your focus.

- If your short on time, simply take a couple of slow breaths to calm the nervous system.
- According to the Cleveland Clinic, breathing deeply for one minute will help relax the body, boost immune system, and calm the nervous system.
- There are two types of meditations:
 - Calming meditations that relax you.
 - Active meditations (or visualizations) that energize you.

If you feel that you struggle with meditating, nature has a calming effect. Go for a walk, sit outside, or look out a window.



Check out

Write down 3 things that make you feel empowered and motivated to deal with uncertainty.

1. _____
2. _____
3. _____