

Coping in Times of Uncertainty



Tips for Staying Resilient

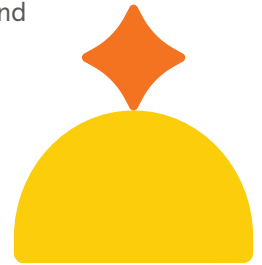
- Identify what can and cannot be controlled. Accept what is out of your control. We become the most stressed when we try to change what is out of our control. Focus on those aspects of the situation over which you can exert some control.
- Identify what you can do to feel more in control. This may include taking steps to find out more specific information or gathering emotional support in anticipation of possible change. Begin to think about contingency plans, should the unexpected occur.
- Set mini-goals. Set realistic short-term goals for accomplishing day to day activities, personal or household duties and work projects.
- A little denial can be healthy. Rumors are numerous during times of uncertainty. Decide how much time attention you are going to give to worrying about rumors concerning what may or may not happen.
- Identify areas of stability in other parts of your life, (family, friendships, hobbies, etc.) This is a way of grounding yourself during times of uncertainty.
- Look at your past experiences in coping with uncertainty. What things did and did not help you during these situations?
- Identify and focus on your own core values in life.
- It is important to seek and make use of support from others during times of uncertainty. It helps to know that you are not alone. Avoid emotional isolation!
- Stress increases during times of uncertainty. Find healthy distractions. Exercise and hobbies are all-important outlets for stress.
- Realize that your reactions during times of uncertainty are probably normal. People have all kinds of physical and emotional reactions to change. It's okay to be angry, sad, or anxious. That does not mean that there is anything wrong with you.



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- Try not to let your self-esteem suffer. Remind yourself of your career and personal successes and accomplishments to date
- Do not abuse alcohol or drugs. While these might seem to alleviate symptoms of stress in the short-term, prolonged excessive use can cause additional unwanted problems!
- Communicate clearly. During periods of uncertainty, it is easy for misunderstandings to take place. Make sure that you've heard information accurately, and that others understand exactly what you mean. Ask for feedback.
- Try to eat well and get plenty of sleep. Coping with stress requires proper fuel for your body.
- Maintain a sense of humor. It is true that laughter is the best medicine for stress reduction.
- Get help if your symptoms of stress are getting out of hand. For example, stomach problems and sleep difficulties can be normal reactions to change, but don't hesitate to consult a physician and/or a counselor if your symptoms persist.



Headspace members also have access to immediate mental health support and meditations including:

- Hundreds of guided exercises for meditation and mindfulness to stress less, focus more, and sleep soundly
- One-on-one guidance from coaches and clinicians who can guide you through challenging emotions and help you reach your goals

Headspace provides confidential mental healthcare and work-life resources to you and your family.
To learn more about your Headspace EAP benefit, visit: [enrollment URL](mailto:enrollment@headspace.com)

