

Coping With Uncertainty

It is natural to feel stress, grief, loss and worry during times of uncertainty, when plans and routines change and expectations for the future are altered. Everyone reacts differently to these situations and your own feelings can change over time. Self-care and taking care of your emotional health during stressful periods will help your long-term healing and emotional well-being.

Resilience in the Face of Crisis

Focus on what you can control: Sometimes we fixate on events outside of our control. Rather than blaming others or trying to change the situation, resilient people set their sights on what they can control. Ask yourself “what can I control in this situation”. Our reactions and emotions are something that we can influence and work to improve.

Challenge Catastrophic Thoughts: It is easy to assume the worst will occur and we won't be able to handle it. Instead, remind yourself of transitions and challenges you have navigated in the past. Ask yourself:

1. What is the worst case scenario?
2. What is the likelihood of this scenario?
3. Even if this were to happen, what are the realistic consequences? Could I handle it?
4. Does worrying about this outcome help prevent it from happening?

Be in the Present: Just as we tend to assume the worst, we also spend time worrying about the future and getting stuck in the past. Instead, take time to be in the present. Notice your current surroundings. Who are you with? What are you doing? Then, take time to focus in on your breath. Our breath is an excellent anchor in the present. Practice: S.T.O.P.

S: Stop T: Take a few deep breaths O: Observe P: Proceed

Find your Priorities: Resilient people see change as an opportunity to align priorities. Take this time to focus on aspects of your life that are most important. If a priority is altered in the moment, focus your attention on other priorities and build upon these.

Common Signs of Distress

- Feelings of shock, numbness or disbelief
- Change in energy or activity level
- Difficulty concentrating
- Changes in sleep or appetite
- Feeling anxious fearful or angry
- Headaches, body pain, or skin rashes
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Steps to Care For Yourself:

Take care of your body: Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.

Connect: Share feelings with a friend or family member. Rely on your support systems and maintain relationships.

Take Breaks: Make time to unwind. Try to turn to activities that you enjoy. Listen to music, take a walk, watch a favorite TV show, or spend time with family and friends.

Stay Informed: Get updates and look for answers to questions from reliable resources.

Disconnect: Avoid excessive exposure to media/social media.

Create a Routine: Daily routines and schedules have been significantly disrupted. Find a new routine including the self-care tips above.

If you notice feelings of distress for

Ask for Help

If you notice feelings of distress for several days in a row or are unable to carry out normal responsibilities, seek professional help.

Call the TAP/EAP Office
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