

## MANAGING UNCERTAINTY, FACING CHANGE & WEATHERING TRANSITION

Situations like the threat of coronavirus and others, can at times challenge our expectations for safety and the future. Today's world and workplaces seem to be constantly changing and often no one is quite sure what will happen next in our society. For many of us, it makes us feel uncertain and this is fairly uncomfortable for most of us. It often takes extra energy even when we are trying to cope in positive ways. If your work environment seems to be changing and you are not sure what is happening, what can help is:

1. Ask for information from a reliable source – if in doubt, check it out.
2. Remind yourself of all the aspects of life that are NOT changing.
3. Remind yourself what you do have control over.
4. Focus on aspects of daily life and relationships that comfort you and offer stability.
5. Keep connected to your family, friends and workmates.
6. Value yourself; maintain good self-care – exercise, eat well and take time to do the things you enjoy.
7. Remind yourself that it is normal to feel a whole lot of different feelings at times like this – sad, scared, uncertain, concerned about the future, excited about future possibilities.
8. Remember that you have already been through lots of changes in your life and that you have coped well.
9. Keep doing your job to the best of your ability and keep learning and developing new skills.
10. Think through options for your life and work – have a Plan A *and* a Plan B.
11. Be open to new opportunities – maybe you will have to do things differently.
12. Stay engaged with life and people. Alienation and isolation breed stress and depression. If you're feeling depressed, get medical help immediately.
13. Reverse the flow. Helping others shifts the spotlight off your own troubles and releases feel-good hormones that heal, inspire and gives meaning to life.
14. Think of one new thing at the end of each day to be grateful for. Gratitude and other positive feelings enhance resiliency and help you become more expansive and compassionate.

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