



Uncertainty

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"Trust the wait. Embrace the uncertainty. Enjoy the beauty of becoming. When nothing is certain, anything is possible." - **Mandy Hale**

Pick 4 words that you associate with the word uncertainty:

Uncertainty is uncomfortable. Test your tolerance for discomfort. Feel alive.

Uncertainty can drive anxiety and other negative emotions. It can also be the birthplace of innovation, creativity, hope, exploration, and new chapters. Get curious about thinking of uncertainty as an opening for something positive.

When we are overcome with uncertainty, we can lose sight of the present. Our bodies can only be in the present moment.

How do we get focused on the present?

DOs

Tap into 5 bodily senses
Make a plan for the day
Connect with someone
Practice gratitude
Make boundaries, if needed

DON'Ts

Spend too much time watching news
Lose track of day zoning out on _____
Isolate
Commensurate with anxious people

List 3 things you can do to cope with uncertainty: