9 WAYS TO BUILD YOUR CAPACITY TO MANAGE UNCERTAINTY

Feeling stressed or anxious about COVID-19? You are not alone. It is only natural to have these feelings and more in the face of uncertainty. Check out these tips to help build resilience and manage the stress associated with uncertainty.

GROUND YOURSELF WITH ROUTINES

Creating routines can work to provide structure and help to anchor you when uncertainty leaves us feeling uneasy. Try creating both big and small activities in your day and week that are consistent such as: making your bed every morning, walking your dog daily at the same time, and going to bed at the same time each night.

MEDITATE

Meditation can improve your capacity to respond to uncertainty and change. A consistent meditation practice will help you re-wire the way you would normally respond to stress and uncertainty – i.e. reacting to uncertainty with anxiety, fear, and dread – and increase your capacity to manage the uncertainty with greater ease. Creating a state of mindfulness and inclining your mind to pause before letting it spin out of control is a natural extension of meditation.

PRACTICE SELF-COMPASSION

Understand it can take time to build your capacity and tolerance for stress, change and uncertainty. This is not easy! Try not to beat yourself up if you aren’t successful right away. Be patient with yourself as you learn, grow, and build this competency within yourself. Criticizing yourself during the process of self-improvement won’t help!
Practicing self-care is usually the first thing to go in times of stress and uncertainty. However, it is actually one of the most important things we can do for ourselves during stressful times. When you feel healthy and strong in your body, your mind is more apt to reflect a healthy and strong state as well. Sometimes stressful times can disrupt healthy habits. Sleeping 7-8 hours a night, eating a balanced diet, exercising, and meditating are all ways you can take care of yourself and put yourself in the best position possible to manage uncertainty.

BELIEVE YOU CAN

Ask yourself, "Have I been through a similar situation in the past where I overcame the stressful occasion?" What did you do during that time that helped you? What did you do that didn’t work? How can you take what you learned from that experience and apply it to the current time of stress or uncertainty? We often have proof of our abilities to overcome stress and uncertainty!

KNOW YOU ARE NOT ALONE

You are not the only one who has trouble navigating uncertainty. This challenge is part of being human. Sometimes remembering you are not the only one who experiences anxiousness and stress in response to uncertainty can make a big difference. Know that no one is immune and the out of control feeling you are experiencing is likely being experienced by many others.
FOCUS ON WHAT YOU CAN CONTROL

Try your best to focus on areas of your life that you do have control over. Areas such as, what to make for dinner, what clothes to wear, and what workout to complete. This all goes back to establishing routines. Routines provide structure and help you to feel like you haven’t lost all control.

SEE CHANGE AS AN OPPORTUNITY

Sometimes our brains may interpret uncertainty as stressful, but that doesn’t mean it actually is stressful. Our perception of the uncertainty is usually what causes us to respond in a negative way. Believe it or not, uncertain and changing conditions may actually help you.

“Try not to resist the changes that come your way. Instead let life live through you. And do not worry that your life is turning upside down. How do you know that the side you are used to is better than the one to come?” ~ Rumi

Ask yourself, "What if this is actually good for me?" Take time to consider what that could look like in your life.

ANTICIPATE CHANGE AND HAVE A PLAN

We know uncertainty and change are inevitable in this life, so why not have a plan to handle it effectively? Create a list of friends and family that you can lean on in times of uncertainty, create a stress log to help identify your biggest stressors and use it to list positive coping mechanisms, or work with a Health Coach to help build your capacity to respond to uncertainty!

Source: https://mindfulminutes.com/9-ways-to-build-your-capacity-to-manage-uncertainty/

Schedule a visit with your OurHealth Health Coach today online at member.ourhealth.org