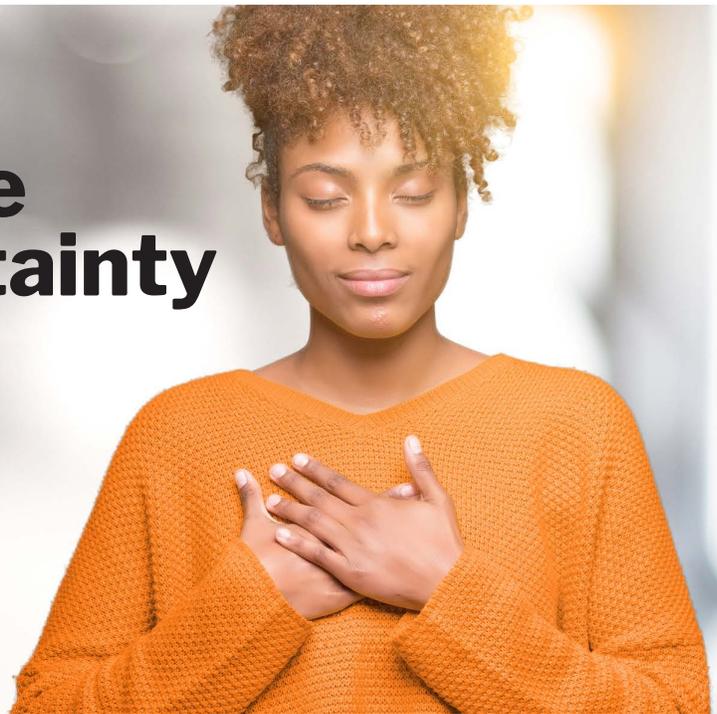


Dealing With the Stress of Uncertainty

Most people are creatures of habit. When things go as planned, we feel in control. But when life throws a curveball, it can leave us feeling anxious and stressed. For many Americans life feels particularly uncertain lately. No one can avoid the unexpected. But these simple steps can help you better face life's uncertainties.



- > **Be kind to yourself.** Some people are better at dealing with uncertainties than others, so don't beat yourself up if your tolerance for unpredictability is lower than a friend's. Remind yourself that it might take time for the stressful situation to resolve, and be patient with yourself in the meantime.
- > **Reflect on past successes.** Chances are you've overcome stressful events in the past—and you survived! Give yourself credit. Reflect on what you did during that event that was helpful, and what you might like to do differently this time.
- > **Limit exposure to news.** When we're stressed about something, it can be hard to look away. But compulsively checking the news only keeps you wound up. Try to limit your check-ins and avoid the news during vulnerable times of day, such as right before bedtime.
- > **Avoid dwelling on things you can't control.** When uncertainty strikes, many people immediately imagine worst-case scenarios. Get out of the habit of ruminating on negative events.
- > **Take your own advice.** Ask yourself: If a friend came to me with this worry, what would I tell her? Imagining your situation from the outside can often provide perspective and fresh ideas.
- > **Engage in self-care.** Don't let stress derail your healthy routines. Make efforts to eat well, exercise, and get enough sleep. Many people find stress release in practices such as yoga and meditation.
- > **Seek support from those you trust.** Many people isolate themselves when they're stressed or worried. But social support is important, so reach out to family and friends.
- > **Control what you can.** Focus on the things that are within your control, even if it's as simple as weekly meal planning or laying out your clothes the night before a stressful day. Establish routines to give your days and weeks some comforting structure.
- > **Ask for help.** If you're having trouble managing stress and coping with uncertainty on your own, ask for help. Psychologists are experts in helping people develop healthy ways to cope with stress. Find a psychologist in your area by using APA's Psychologist Locator Service. Many psychologists can provide their services remotely over the phone or online.

Adapted from www.apa.org/helpcenter/stress-uncertainty



For more information 844-IEA-1800