

# How to Cope with Uncertainty



## **From Mrs. Lecrenski**

In this time of **confusion, stress** and **uncertainty**- we as humans are experiencing a range of emotions and reactions. It may be helpful to have a sense of where you fall in the range, keeping in mind that this can change and shift (in either direction) at any time.

At the same time, there are things we can do to take care of ourselves, in order to help ease some of the emotions and reactions we are experiencing.

## **Common Reactions to Stressful Events**

**Emotional-** you may be experiencing feelings of shock, anger, guilt, or you may be feeling numb, helpless.

**Cognitive/Thinking**- many of us are feeling confused, we may have difficulty remembering things, or having trouble concentrating.

**Behavioral**- as we adjust to being isolated/quarantined, you may find yourself more irritable, snapping at people more quickly and experiencing less pleasure in regular activities.

**Physical**- some physical reactions we may be experiencing include increased fatigue, exhaustion, body aches, headaches or being easily startled.

**Relational**- Are you finding that you are withdrawing from friends? Perhaps you are fighting more with people in your life or having some fears about being alone.

## Strategies for Coping

While we may be experiencing a wide range of reactions, generally we as humans/individuals are resilient and are okay after a while. It takes time to recover, however, we can find ways to manage and move forward.

## **Emotional**

- Allow yourself to experience what you feel (cry, shake, take deep breaths)
- Label the emotion
- Find someone to vent to
- Participate in activities that enhance your positive emotions

## **Cognitive/Thinking**

- Write things down
- Make small, daily choices
- Remember you have choices
- Try to be flexible

## **Behavioral**

- Do activities you previously enjoyed
- Set goals, create a plan
- Restore and develop safe routines

- Avoid avoidance

## **Physical**

- Drink lots of water and minimize caffeine
- Engage in physical activity (walk, yoga, dance, run)
- Get good, uninterrupted sleep

## **Relational**

- Make virtual plans with people who feel supportive (FaceTime, Google Duo, Zoom)
- Balance time spent with others with time for yourself
- Lean on others, accept help
- Use community resources such as websites, hotlines, etc.