

Coping With Uncertainty

Change is inevitable. We recognize that uncertainty and change contribute to stress. You may feel that you don't have control, but remember.... You DO have control over how you cope, take care of yourself, and work through the difficulties you are experiencing.

When you have fearful or anxious thoughts: Acknowledge it, tell yourself to STOP, and replace those thoughts with something positive.



Tell Yourself, "Today I have Job Security."

Focus on the present moment, not the "What ifs."



Tactical/Combat Breathing

4 Second Inhale
4 Second Hold
4 Second Exhale

This helps the mind relax & destress.



Talk to Someone.

A loved one, friend, family member, peer support, chaplain, mental health professional, etc.



Stay on a Schedule.

This is an easy way to gain a sense of control.



Exercise and Get Outdoors.

YouTube has countless home-workout guides that don't require equipment. Fresh air and being in nature can also help.



Stretch/Yoga

Stretching helps the body and mind decompress, puts you in a parasympathetic (relaxed) state, and helps transition after work/before bed.



Relaxation Meditation

YouTube and the App Store are good resources.



Laugh & Laugh Some More

TV Shows, videos, movies, books, podcasts, audiobooks, etc.



