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."

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

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

Relaxation Meditation YouTube and the App Store are good resources.

Tactical/Combat Breathing
4 Second Inhale
4 Second Hold
4 Second Exhale
This helps the mind relax & destress.

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

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

Laugh & Laugh Some More TV Shows, videos, movies, books, podcasts, audiobooks, etc.