



Managing Uncertainty

What will I learn?

How to reduce stress

How to manage worrying thoughts

This activity will help you to develop self-awareness, resilience and optimism.

What do I need?

Access to the internet.

Pen and paper.

If possible, a quiet space.

Activity:

When we feel unsure about something or things feel out of our control, we tend to worry and this can lead to anxiety. When we worry, we are only see problems rather than solutions.

There are several ways we can help ourselves manage uncertainty.

1) Practice mindfulness.

Mindfulness is intentionally focusing our attention on the present moment. By doing this, we are re-directing our brain away from worries and any thoughts about the past or future. It can help reduce stress, anxiety, help us gain greater self-control, improve our memory, our immunity and our physical and mental wellbeing. By practicing regularly, we are activating our brains and can potentially alter our brain function and structure giving long-term changes.

You can practice mindfulness anywhere for any length of time. Try a short boost of mindfulness now with this 1 minute video -

<https://youtu.be/c1Ndym-lsQg>

2) Accept the moment.

Identify and focus on only what you can control. You might like to try our Circle of Control activity on the Future Quest website. Or try doing a simple everyday task, such as going for a walk, taking a bath or making something to eat. This will help shift your focus on what you can control.

3) Express Gratitude.

Note down something you are grateful for, or you could try our Gratitude Jar activity on the Future Quest website. Acknowledging what we are grateful for helps us feel appreciative of what we already have in our lives.

4) Organise your thoughts.

Set a specific time aside for worrying thoughts. Use a worry tree to help you organise and process your worries. Watch this short video to learn how to do this and then draw your own tree to work through something that is on your mind - <https://youtu.be/hv9AwGuY0iU>