

GET INSPIRED

Resilience in the Face of Uncertainty **Uncertainty is inevitable. How can you cope effectively?**

Helpful Strategies from the Mental Performance Team

Practicing different ways of responding to uncertain times can boost your resilience. Check out these strategies:

1. Focus on What You Can Control

Sometimes we fixate on things out of our control. Rather than wasting that energy, resilient people set their sights on what they can control. Ask yourself, “What can I control in this situation?” Put your focus there.

2. Adjust your Thinking

It’s easy to assume we won’t be able to handle it if the worst occurs. Instead, remind yourself of transitions and challenges you navigated in the past. Ask yourself:

- What’s the worst-case scenario?
- What’s the likelihood of that worst-case scenario?
- Even if that worst-case scenario happened, could you handle it?
- Have you handled difficult situations in the past?

3. Be in the Present

Sometimes we get stuck in the mulling over the past or worrying about the future. Practice STOP: Stop, Take a few deep breaths, Observe, and Proceed. Or use Headspace.

4. Find Your Priorities

The most resilient people see uncertainty as an opportunity to align priorities. How do you want to spend your time? What’s really important to you? See the big picture.

5. Practice Self-Care During Uncertainty

During uncertainty, don’t push away feelings. Acknowledge your feelings as valid and consider what you might learn from what you feel. Realize you might experience temporary sleep and appetite changes, with lower energy. Seek support among friends and family, and the staff that is here to serve you. And be sure to support others.