

A yellow pushpin is pinned to the top center of a light blue rectangular note. A small piece of white tape is attached to the top left corner of the note. The note is set against a red background with white polka dots.

WHAT TO DO WHEN...

YOU ARE FINDING IT  
HARD TO COPE WITH  
CHANGE AND  
UNCERTAINTY



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# REMEMBER THAT UNCERTAINTY IS A NORMAL PART OF LIFE

1. Remember that everyone struggles to cope with uncertainty at some point – you're not alone!
2. It's normal to be worried, upset or indecisive when things are uncertain
3. Your struggles are important and something can be done to help





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## TRY NOT TO AVOID UNCERTAINTY ALTOGETHER

1. Trying to remove uncertainty completely will not help in the long term
2. Try to ease out of your comfort zone – see how uncertainty doesn't always have to be a bad thing
3. There's no 'timeline' for dealing with uncertainty – go at your own pace





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## FOCUS ON WHAT YOU ARE DOING RIGHT NOW AND ON THINGS YOU ENJOY

1. Rather than worrying about what MIGHT happen, focus on what IS happening now
2. Do things that make you happy or give you a sense of achievement
3. Doing things that make you feel happy or satisfied can help you to focus on the 'now'





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## SET ASIDE A TIME TO ADDRESS YOUR WORRIES, RATHER THAN ALLOWING THEM TO TAKE OVER YOUR DAY

1. 'Worry time' is a set time each day to talk to someone or to think through anything that's bothering you, and come up with some solutions
2. If you worry at other times – note them down and come back to them at 'worry time' (that way, you know they'll be addressed later)
3. Make a plan-of-action for worries about day to day problems that you can do something about





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IF UNCERTAINTY IS CAUSING  
YOU TO STRUGGLE SO MUCH  
THAT IT IS GETTING IN THE  
WAY OF DAILY LIFE, IT IS  
IMPORTANT TO SEEK HELP

More information can be found here:

<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

