

WHAT TO DO WHEN...

**YOU ARE FINDING IT HARD
TO COPE WITH CHANGE
AND UNCERTAINTY**



IF YOU ARE FINDING IT HARD TO COPE WITH CHANGE
AND UNCERTAINTY...

REMEMBER THAT
UNCERTAINTY IS A NORMAL
PART OF LIFE

But that **doesn't mean that anyone's struggles with it are not important** or that nothing can be done.

IF YOU ARE FINDING IT HARD TO COPE WITH CHANGE
AND UNCERTAINTY...

TRY NOT TO AVOID
UNCERTAINTY ALTOGETHER

Work on feeling okay with uncertainty where
there is nothing you can do about it. **Being okay
with uncertainty is a great life skill.**

IF YOU ARE FINDING IT HARD TO COPE WITH CHANGE
AND UNCERTAINTY...

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

**Doing something that makes you feel happy or
satisfied can help you to focus on right now. e.g.
exercising, baking, reading, drawing**

IF YOU ARE FINDING IT HARD TO COPE WITH CHANGE
AND UNCERTAINTY...

IF UNCERTAINTY IS LEADING YOU TO WORRY A LOT...

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

Making a set 'worry time' each day to talk or think through any worries can help you focus on some solutions. If you worry at other times, note them down & come back to them at 'worry time' **(that way, you know they'll be addressed later)**

IF YOU ARE FINDING IT HARD TO COPE WITH CHANGE
AND UNCERTAINTY...

**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/>