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So much has changed lately...
things are so uncertain

Yeah but that's normal, and so is
feeling uncertain

Idek how to make decisions. I'm
worried and fed up

I think that's normal

It's hard to decide stuff when
everything's uncertain

But does that mean I have to
keep finding things so difficult?

Not at all!!

It's a part of life but that doesn't
mean we can't do anything about it

So what can I do?



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Okay so, can you get rid of the uncertainty?

What do you mean?

Well there's stuff you can't change

Like traffic... or lockdown

But there's some stuff you can control - like talking to your friends

So I should try and control everything?

If you can control it, change it! But if you can't control it, learn how to be okay with that :)

But why can't I just get rid of the uncertainty?



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Well it might feel good in the short term, but it's not gonna help long term

Yeah, I get tired spending so much time wondering if things will be okay :(

Try getting out of your comfort zone?
You'll see that you CAN cope with uncertainty

Uncertainty's not always a bad thing

Good idea, but that's quite scary...

That's okay, everyone is different
– go at your own pace

Wait so what can I do to help with uncertainty?

Rather than worrying about what MIGHT happen, try and focus on what is happening right now



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How do I focus on what is happening right now?

Do the things you love, or things that make you feel like you've achieved something :)

Like what?

It's different for everyone

Go for a run, listen to some music, or do something creative!

I'm still stressing even when I'm doing things I enjoy

You could try having a "worry time"? A set time each day to think about your worries and talk about them

What if I worry at other times?

When anything pops into your head, write it down for worry time



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Can I do anything about my worries?

You could think of some solutions and make a plan of action if they're things you can change

What should I do if I can't do my school work or get to sleep bc I'm so worried?

If it's getting in the way of your daily life, you should ask for help

Who should I ask?

You could ask a friend, family member, school staff, or GP

You can also look here...

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

Okay... I'll take a look

Thanks :)