

# MENTAL HEALTH MOMENT

# MANAGING UNCERTAINTY



It has now been months since Covid-19 forced communities to adjust their way of life, in many cases, overnight. These are abnormal times, defined by disruptions to normal life. Whether you feel you have adapted positively, negatively, or a little bit of both... No doubt the *uncertainty* regarding events of the last months have been exhausting at times.

## Here are helpful tips for managing uncertainty

### RECOGNIZE: THE STRESS OF UNCERTAINTY

Normally, daily routines can be a source of stress relief. However, the pandemic response has removed many routines from our life. Simple tasks such as buying groceries, going to work, vacation plans and social events require extra planning and problem solving. The uncertainty in daily living means it is normal to feel higher levels of stress in every day life. You are not alone. A Pew Research poll conducted in March after the start of the pandemic response showed 73% of American reported higher levels of anxiety at least 1-2 days/week.

(www.pewresearch.com)

### REFOCUS: FOCUS ON THE SHORT TERM

Switch your attention from the daunting lack of clarity in long-term planning to predictable, short-term outcomes. Instead of worrying about the fate of the stock market, plan and execute a quick walk around your neighborhood with a family member or child. Avoid spending time ruminating (obsessing) about plans 2-3 months away and instead plan a movie night with the family or schedule a phone call with a friend. Small victories in short term plans empower feelings of hope.

### REWIRE: TRY THE NEW NORMAL

Learning the new normals that help us through the pandemic response can be moments to empower yourself and children by practicing or improving skills. Learning to wash hands regularly, practicing enhanced personal hygiene and abiding by a school or employer's new policies related to Covid-19 remind us we are all in this together.

### REACH OUT: CONNECT & COUNSELING

Perhaps you have concerns about returning to work, children returning to school or virtual learning and childcare? Reach out to someone in the same situation. Share ideas and frustrations. Avoid overexposure to media, social media & seek information from trusted resources. **Still struggling? Feel alone? Set a confidential & private appointment today!**

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Tele-counseling is now available through your **Employee Assistance Plan**  
To schedule private and confidential counseling sessions:

**1 800 342 5653**



**www.bowencenter.org**