

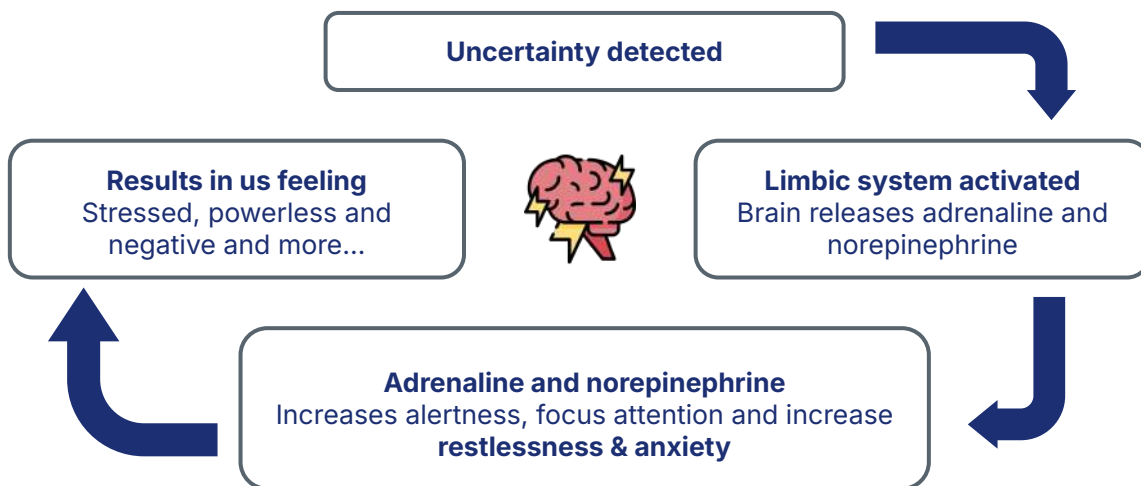
Embrace the Unknown: Thriving Amidst Uncertain Times

Key Takeaways

1







Uncertainty is a state of doubt about the future or what about is the right thing to do

What goes on in our brain when we face uncertainty?



2

How might we act when we are unable to cope with the uncertainty

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Exclusively seeking reassurance from others</p> |  <p>Increased impatience, tendency to show bias</p> |  <p>Micromanage people</p> |
|  <p>Procrastinate</p> |  <p>Repeatedly check things</p> |  <p>Spread negative assumptions & misinformation</p> |

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3

4 strategies to thrive in uncertainty



Reframing the way you see uncertainty

Uncertainty isn't always bad. We can practice to get comfortable with uncertainty



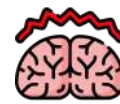
Take action over things you can control

Understanding what things can or can't be controlled & subsequently learning to focus only on aspects we can control



Build a simple routine

Gain a sense of predictability & control with your simple routine



Calm your limbic system

When facing uncertainty, calm your limbic system and gain control of your emotions & behaviors

Need a bit more help?

Discuss with your coach on more personalised strategies to more effectively navigate uncertainties in life!



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