

Living with Uncertainty

1. **When talking about living with uncertainty**, we mean living where the future or sometimes even the present is unpredictable. We go through much of our lives with a sense that we plan for the future. Occasionally something happens that uproots that sense of confidence in the future. Our usual coping mechanisms don't seem to be working. **What can we do?**

- Don't expect it to be easy and don't be hard on yourself for having a difficult time.
- Minimize other changes in your life.
- Get support from others. Talk about it.
- Make a list of things that are definitely changing.
- Make a list of things that may change.
- Make a list of the things that will remain the same.
- A strong need to prove your value to the company; do a great job, work harder, be better than everyone else, compete for control/ownership/recognition of projects.
- Difficulty sleeping
- Increase or decrease in appetite.
- Difficulty concentrating or deciding how to handle a situation.

2. How to Handle Your Reactions

- Accept that your feelings are the natural result of being in an uncomfortable situation.
- Talk with people you can trust about your experiences, reactions, feelings.
- Give yourself time to deal with this major life event.
- Take time to grieve the losses that change brings.
- If you are having trouble concentrating, allow extra time to do usual tasks and temporarily decrease your expectations about what you can accomplish in a day.
- If you are feeling exhausted, recognize you may need extra rest.
- Do something each day that makes you feel successful.
- Get some exercise.
- Allow yourself to reevaluate your job, goals and life: consider your options.
- If you continue to feel unsettled or upset about the changes, contact your EAP.