

## Coping with Uncertainty

There is no easy answer, but I do want to remind you that you do have control over how you cope, take care of yourself and work through the difficulties you are experiencing.

- If possible, **restrict** how much media you watch or read.

- When you have fearful or anxious thoughts: Acknowledge it, tell yourself to STOP and replace those thoughts with something positive.

***Tell yourself you are safe now. Focus on the present moment, not the “What ifs.”***

- **Box/combat breathing**-your nervous system is flooded with stress hormones. Take a deep breath in through your nose with the count of 4, hold for 4 seconds, and exhale slowly through your mouth for 4 seconds.

- **Talk to someone**-A loved one, friend, family member or a mental health professional. DO NOT SUCK IT UP TRYING TO PROTECT EVERYONE ELSE FROM YOUR CONCERNS. This can lead to insomnia, depression, and anxiety.

- Stay on a schedule (this tells your brain that you are safe.)

- **Exercise and get outdoors**: YouTube has different types of workouts you can do at home, and you don't need equipment. Fresh air and being in nature can help.

- **Stretch/Yoga**-the mind body connection is powerful. This helps the body and mind decompress and is especially helpful before bed. Stretching can put our body in a relaxed state.

- **Relaxation meditation**-YouTube is also good for this along with apps you can find on your phone.

- **Laugh and laugh some more**

- **Listen to binaural beats, theta waves, nature music**

- **Honor the deceased, do something creative to feel helpful.**

- *Grounding: lay on the ground, put your feet in the grass.*

