Tips for Managing Uncertainty

**Wishing you knew what to do in the face of COVID-19?
You're not alone. It's a challenge facing us all.**

Changing Your Mindset

- Fear about coronavirus is normal – but don't let it control you.
- Instead, do what you're good at – take action with what works
  Eg. Wash your hands more often, don't touch your face, stay home if you are sick
- The important thing is not to panic. Take a deep breath, remember that a pandemic describes a disease's 'spread' not its severity

How To Deal With Uncertainty

- Spend time with people who accept you as you are - you don't have to explain yourself to them.
- If you have hobbies or work tasks that you find interesting and satisfying, do more of them.
- Talk to your GP, if s/he is someone you feel you can trust to help keep you on track.
- Find out about EAP - if there is some available at your workplace, book yourself in.
- With family, give support but also remember you can use some too:
  Making simpler meals, helping with housekeeping
- Talk to your manager or someone else at work that you trust for support

Reassuring the Young and Elderly

- Listening is key, rather than instructing or advising.
- Don't brush off their fears, feeling overwhelmed is understandable.
- Encourage open communication and give them a chance to say how they are feeling.
- Then help them find the information they need to feel better

Talking To Your Teams

- Talk often and give your team your full attention
- Expect difficult questions and acknowledge fears and concerns but don't make promises you can't keep.
- Use a calm, reassuring tone of voice
- If you're concerned about someone in your team, talk to them one-on-one
- Always be honest but admit when you don't know the answer
- Encourage self-care and self-belief

Feel Like You Can't Keep Going?

If your thoughts become dark or you think you can't keep going, talk to someone.
Whether a friend, a trusted work colleague, your GP or an online support group.

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