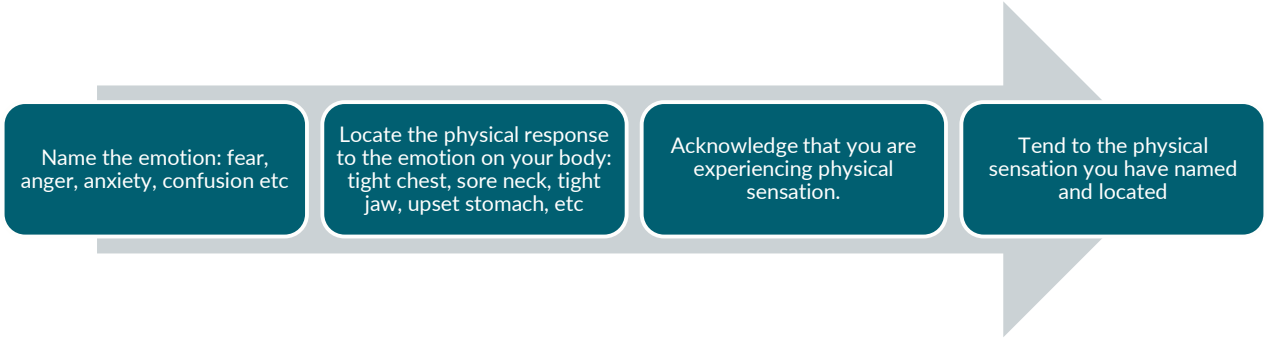
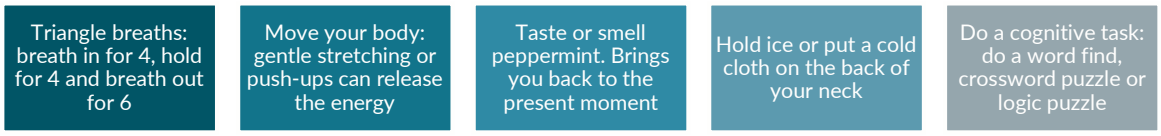
Sitting with Uncertainty

The experience of uncertainty can be uncomfortable and overwhelming. Some people may notice an increase in symptoms of anxiety including difficulty sleeping, racing thoughts, restlessness, or irritability. Some may notice decreased energy, difficulty concentrating, or feelings of helplessness. And some may notice other signs and symptoms. All can be uncomfortable, and all make sense. Your experience is real. Below are some strategies for tending to yourself during this time.

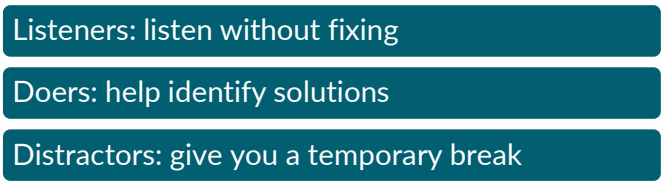
This period of uncertainty may feel different and unfamiliar. For many, this time is an experience of both grief (which includes many different types of loss) and trauma (experiences that overwhelm the ability to cope). Identifying and tending to the body's responses can help the body return to a more comfortable state, which will help increase your capacity.



Ideas for tending to the sensation



Find your people: Think about your support system in three categories and tell your people what need they are meeting so that they can be successful.



While these strategies won't change the circumstances, they can help your body feel more comfortable and increase capacity to navigate uncertainty.

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