

7 ideas to deal with the uncertainty of the outside world

So much is outside of our control, from socialising and work to travel and finances. Be aware that getting through this tough time can make you more resilient and focused. This paper is created for attendants of the talks with Selma Coaching and Key Into Australia Inc.

You are not your thoughts.

Take responsibility and create what you want to believe. By recognizing thoughts are not facts we take their power to upset us.

1

Define your values.

What do you know about yourself, that will be true no matter what is happening around the world? External circumstances don't define our identity. We define our identity internally.

2

Check your mindset.

Remember the "fixed vs. growth" mindset theory by Carol Dweck. Your intelligence, abilities and creativity is not fixed. Challenge them regularly for growth and development.

3

Do small things differently.

Accept the challenge of the unknown and welcome uncertainty like cooking a meal without triple-checking the recipe or read a novel you haven't researched before.

4

Reflect on skills.

Trust the skills you have used in the past to cope with uncertainty. Write a checklist to refer to whenever you are getting nervous or uncertain.

5

Connect with others and support each other.

Sharing your thoughts and ideas with friends and family might give you the space you need in your head. Sometimes having a break from yourself by listening to others can distract you.

7

Find your grounding rocks.

What areas in your life are within your control? Think of your daily routines and rituals like sleeping, waking up or exercising at a certain time etc.

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