

Tips to Managing Uncertainty

sportswales
chwaraeocymru

Accept Uncertainty

Acknowledge that this is an uncertain time and that things will change regularly

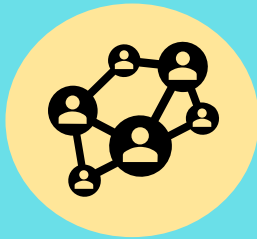


Focus on what you can control

Establish routines and give your days structure

Practice self-care

Look after yourself
Don't forget about the things that *you* need

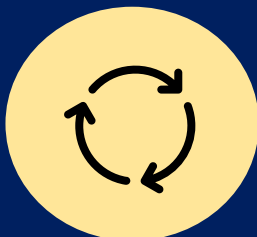


Use your support network

Identify the people in your support network
Use the technology available to stay connected

Breathe

Help manage any stress by controlling your breathing
Take deep breaths in (counting to 4) and deep breaths out (counting to 6)



Stay present

Stay connected with the present moment
Try brief mindfulness exercises: focus on your breathing or pay attention to 3 things you can hear, see, and feel

Practice gratitude

Write down one thing that you are grateful for today

