

Living in? Uncertainty



- Life is filled with uncertainties and unpredictable events, such as weather, epidemics, loss of family and friends



- We inevitably have to live with "uncertainties" every day



- Some people like "uncertainties" which come as a breath of fresh air



- Some people don't like "uncertainties" which make them feel insecure



- Whether we like it or not, we have to accept that there is no way to control everything that happens to us



- Being prepared can reduce the anxiety and tension caused by "uncertainties"



How to Cope with Uncertainty

Focus on Things within Your Control

- Switch your attention to things that are within your control (e.g., even if you are not sure of the epidemic situation, you can still exercise more to strengthen your immune system)



Think Realistically to Reduce Excessive Worrying

- Look for concrete evidence to reduce overestimation of risks and negative consequences



Accept Uncertainty



Anticipate and Prepare

- Anticipate the occurrence of different situations and prepare for them (e.g., you may get good grades, average grades, or poor grades in exams; prepare different plans for different grades to avoid being caught off guard and panicking)



Maintain Daily Routines

- Maintain a regular and healthy routine can give us a sense of security

