

Coping With Uncertainty In A New Normal

Presented by ComPsych® Corporation



Stay Ahead of Performance, Productivity and Health Issues

COMPSYCH[®]
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Agenda

1. What Are We Uncertain About?

2. How Is It Affecting Us?

3. What Can We Do About It?



What Are People Uncertain About?

“Are the people around me vaccinated?”

“Will I be safe?”

“Is my current work arrangement permanent or is it going to change again?”

“What’s going to happen with school for my kids this fall?”



What else?

Common Reactions

Physical:
(headaches, back aches, etc)

Emotional:
(angry outbursts, tearfulness, etc))

Cognitive:
(focus, memory, concentration, etc))

Behavioral:
(alcohol, drugs, gambling, etc)

Anxiety – An Essential Response

Uncertainty + Perceived Threat = Anxiety

Is this a bad thing? *Yes and no*

Emotions Create Distortions

Chemical reaction

Exaggerations

Physical distortions

Cognitive distortions



Common Distortions

1. **All-or-Nothing Thinking**

("If I make one mistake, I will get sick and die.")

2. **Overgeneralization**

("Management never gets these decisions right.")

3. **Magnification**

("This is the worst things that's ever happened.")

4. **Personalization**

("My kids have fallen behind. I am a terrible parent!")

5. **FOMO – Fear Of Missing Out**

("Have COVID cases gone up or down today? I need to find out now!")



Three Key News Consumption Habits



1. Stick to a schedule



2. Take news-free vacations



3. Keep it away from bedtime

Intervene on Your Distortions

Become your own advisor

Rate the problem on a scale

Compare it to other problems

Replace absolutes with more nuanced language



Don't Let Anxiety Tip The Balance Scale



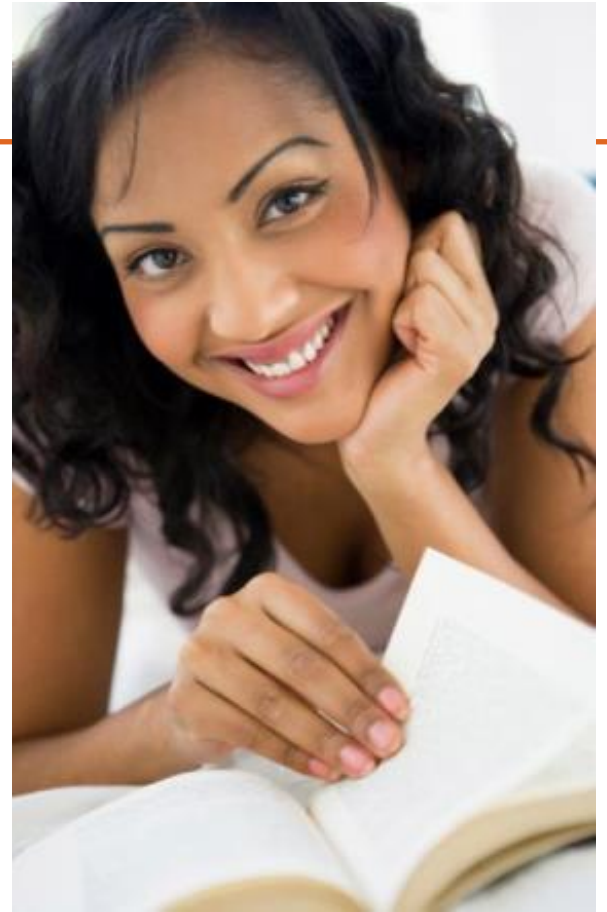
Practicing Gratitude

Journal what you're grateful for

Everyday things – not just the big stuff

Be specific

Choose something new every day

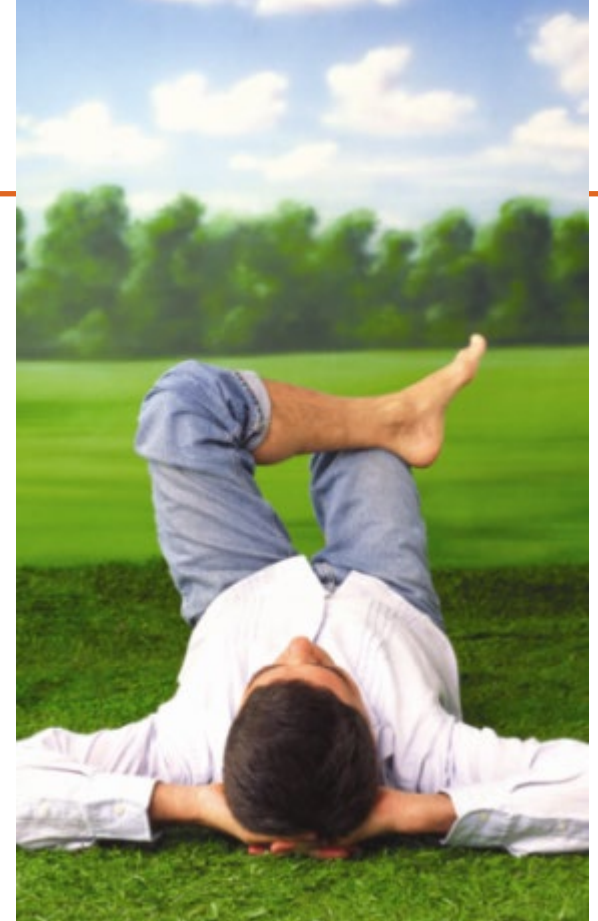


Visualization: Your Happy Place

Real or imagined

Stays the same

Uses all of your senses



Double Up On Kindness

Who can I help?

Who can I thank?

Who can I praise?



Schedule Praise (ASC model)

Appreciation

Specific action

Characteristic of the person

I appreciate _____(name) for _____(what they did), which she was able to do because they _____ (personal characteristic).

I appreciate Deb for following up courteously without getting upset when I took forever to answer her email, which she was able to do because she is an incredibly patient person.

Summary

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2. How Is It Affecting Us?

3. What Can We Do About It?

