

Coping During Uncertain Times

Presented by ComPsych® Corporation



Stay Ahead of Performance, Productivity and Health Issues

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Agenda

Focus on your personal transition process

Describe the three stages people go through when coping with change or uncertainty

Apply techniques to help you cope with the stress of change and uncertainty



Change vs. Transition

Change is...

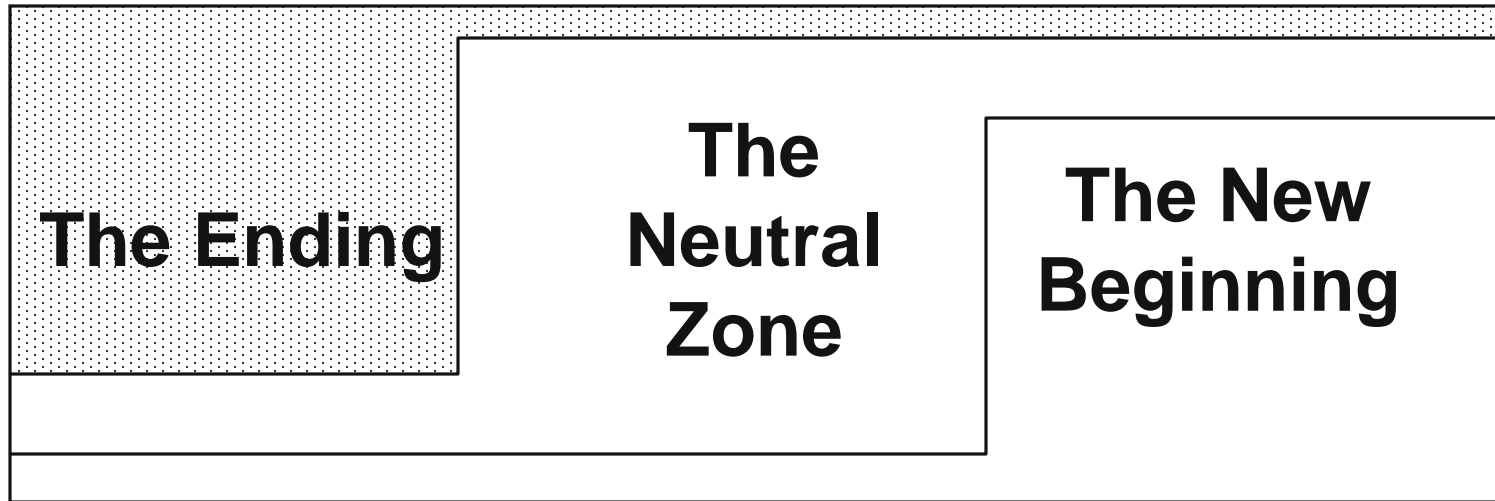
The external event or situation that happens to us.

Transition is...

The process that we go through in order to adjust to changes in our lives.

Put your focus on transition, not change!

The Transition Process



Reasons People Resist Change

Preference for familiar

Fear of the unknown: Risk

All-or-Nothing Thinking

Rigid models of self

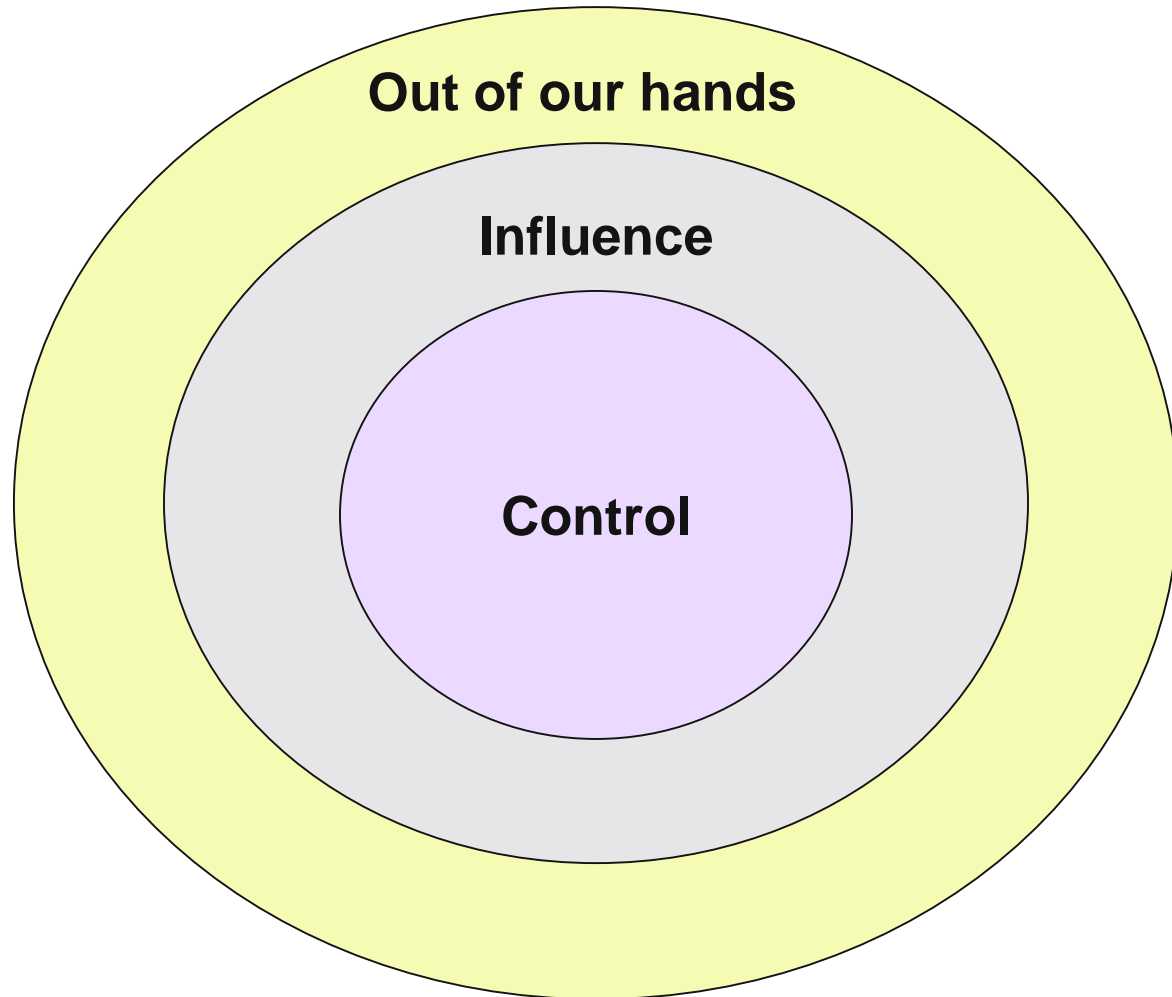
Lack of initiative and passivity



Perception and Control

- People need to feel in control
- People need to be able to make sense of what is happening in order to predict and control
- Uncertainty can be extremely distressing
- Common emotional reactions are:
 - Fear and Anxiety
 - Mistrust and Suspicion
 - Anger and Betrayal
- These emotions can prompt tunnel vision and impulsive actions

Circle of Control – Where Should You Focus?



Question

How does uncertainty impact your mood, behaviors, and overall functioning?



Common Reactions

Physical

Emotional

Cognitive

Behavioral



Acknowledge the Distress

- Distress with uncertainty is normal
- Acknowledge it in yourself and in others you care about
 - “What is happening?”
 - “What are you feeling?”
- Verbalize it outload, talk about it with others, write about it
- Acknowledging the distress will not resolve it but it allows the opportunity to move forward with considered choices
- Exercising choice gives you control and reduces distress

Stress Coping Techniques

Deep breathing

Visualization

Physical exercise

Others?



Self-Care

Choose your battles wisely: “What do I need to accept? What can do to effect change?”

Maintain your normal routine as it provides stability

Develop new routines which allow you to relax and decompress

- Incorporate deep breathing and relaxation time
- Exercise – especially outdoor activities
- Sleep at least 7 hours a night
- Spend time with people you enjoy

Summary

Focus on your transition process, not on the change itself

Acknowledge what's happening – don't pretend there are no losses

Plan for physical, emotional, cognitive and behavioral reactions

You can get more help through your Employee Assistance Program

Thank You for Attending

Your single source for confidential support, expert information and valuable resources, when you need it the most.

Available 24 hours a day, 7 days a week

Online: guidanceresources.com

