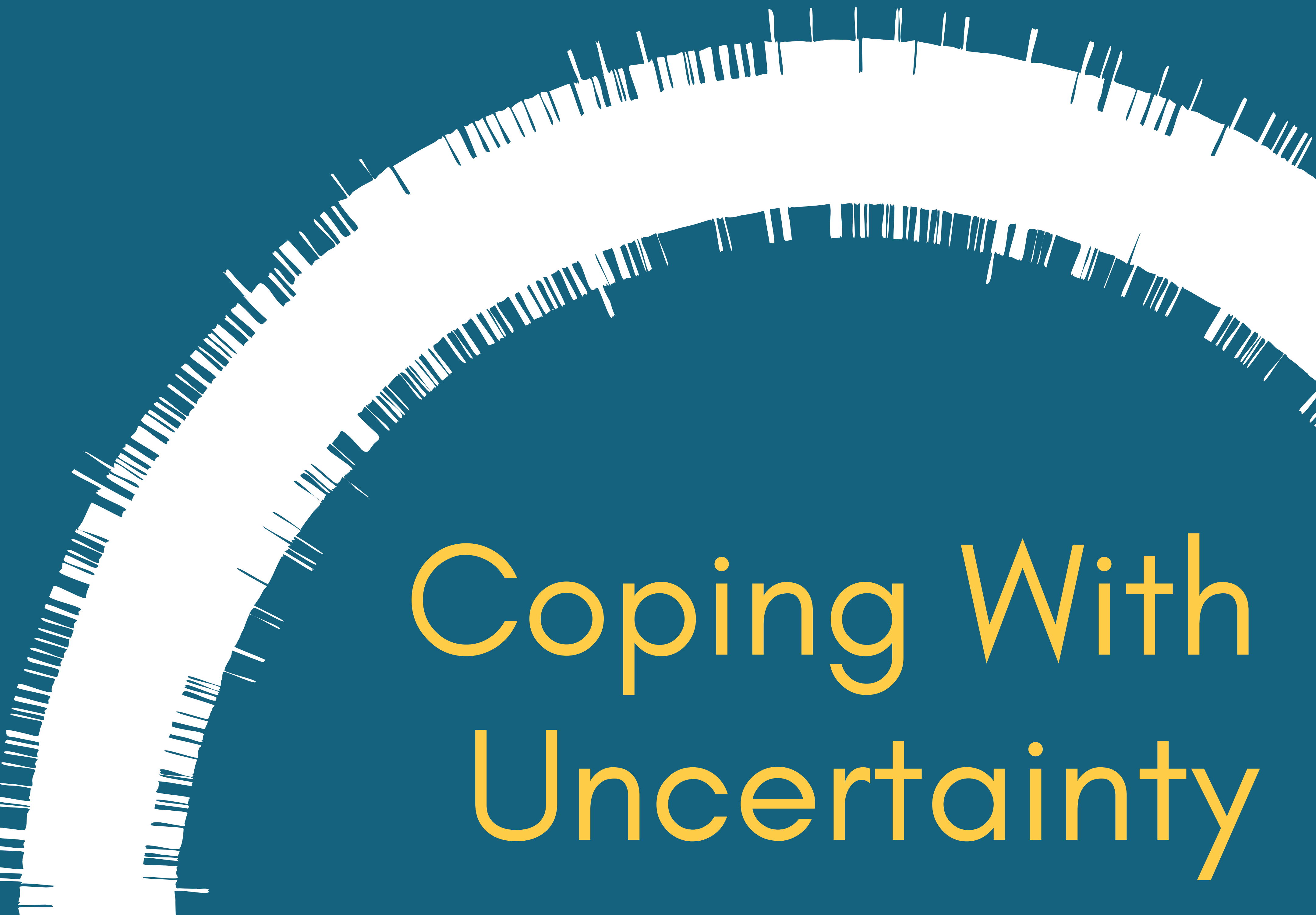


Therapy For Real Life

Self-Care Strategies



Coping With
Uncertainty

Therapy For Real Life

Coping With Uncertainty

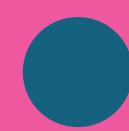
SELF-CARE
STRATEGIES

MAKE A LIST OF

KNOWNNS: +



UNKNOWNNS:



What do you notice when you break uncertainty down into tiny bits?

Therapy For Real Life

Coping With Uncertainty

SELF-CARE
STRATEGIES

Some folks experience a small relief that comes from breaking uncertainty into slightly more specific and tolerable realities. You might also become aware of unexpected sources of **hope** or **a sense of security**.

KNOWNNS:



- I will do the best I can.
- I am not alone in this.
- I can use my strengths to face any challenge.

UNKNOWNNS:

- I don't know how long this challenge will last.
- I do not know if some of my fears will come true.
- I do not know what will happen next.

Therapy For Real Life

Coping With Uncertainty

SELF-CARE
STRATEGIES

SEEK OUT SAFETY

Honor Your Worst Fear, by naming it: _____

Make A Safety Plan:

Make a list of reasonable actions that you can take to keep yourself and your loved ones safe.

Think of realistic actions that you can take to either prevent or respond to your worst fear coming true. Bring yourself back to small practicalities when you start to feel anxious.

CONSIDER:

health + wellness needs,
emergency prep,
financial planning,
food + water supplies,
medical info/access,
family coordination,
local crisis resources +
any other
personal needs

When worries arise, remind yourself:

"I have a plan in place. I have done the best I can to stay safe.
I deserve to rest and restore myself with periods of non-worry time."

Therapy For Real Life

Coping With Uncertainty

SELF-CARE
STRATEGIES

NAME YOUR STRENGTHS

What **challenges**
have you already faced
to become the person
you are today?

- * _____
- * _____
- * _____
- * _____
- * _____

What **personal strengths**
or **resources** have helped
you to successfully
manage stress in the past?

- * _____
- * _____
- * _____
- * _____
- * _____

Therapy For Real Life

Coping With Uncertainty

SELF-CARE
STRATEGIES

COPING IN CONNECTION

Name 1-2 people
you could ask for support
if you ever needed it.

Consider therapy
as an option if you
want extra support.

Keep crisis numbers on hand
(such as 911 or [crisistextline.org](https://www.crisistextline.org) in the US)
in case you or a friend are ever in need.

Name 1-2 people
you will check on
to see if they need
any kind of support.



Which self-care strategies
will you use to **cope with uncertainty**?

Therapy For Real Life

Self-Care Plan

Clarify
The Uncertain

Tolerate
The Unknown

Make A
Safety Plan

Recognize
Your Strengths

Find Support
In Connection