

## Navigating Uncertainty

We are currently in an unprecedented time when it comes to uncertainty – physically, emotionally, financially – on a personal, societal, and global level, we are being tested. This can be overwhelming, however, there is a lot we can do to support ourselves and others around us as we move through this pandemic, and eventually, as we move beyond it.

We are going to look at 2 areas of navigating uncertainty: Inner Awareness and Practical Application. Our focus today is self-care, specifically, however, you can apply this learning to other areas of personal and professional development, should you choose to do so.

Please note that for ease of explanation, I'm sharing these steps in a linear format, but they do not have to be applied – and often are not – in this way.

### Inner Awareness

1. Notice and honour what you are feeling. (Radical Self Reflection)
2. Be in the present moment. What is real vs what is story
3. Cultivate acceptance of what is.
4. Perspective. Look at other situations, not to compare, but for ideas/options. Ann Frank
5. Immediate personal needs.

### Practical Application

1. Time management and giving our best. Relationship with time. Capacity may be greater or lesser.
2. What immediate action is required right now? Simplify the "to do" list.
3. Be comfortable with being uncomfortable. Not having the answer is ok – opportunity lies here.
4. Gather evidence to support your strengths, and to support what you are doing well, and what is going well.
5. Keep showing up. It is ok to have a moment where you want to give up – it's even ok in that moment **to** give up. But once that moment has passed, it's important to take even the smallest step forward, so that you are always moving forward. It is ok to feel emotions. It is ok to look behind you once in a while. But it is important to not make a practice of living looking backward. It is important to see and acknowledge and accept our emotions, but it is also important to set a boundary with them, so our emotions are not dictating how we make decisions.