



Activity

STRATEGIES FOR HELPING YOU COPE WITH UNCERTAINTY



1. Start the day with structure, move through it with flexibility



2. Communicate your needs



3. Incorporate short breaks into your day



4. Reach out to others



5. Help others



6. Practice physical self-care

Directions:

1. **REVIEW** [Supporting Well-Being: Six Tips Anyone Can Use During Times of Uncertainty.](#)
2. **CHOOSE** one of the strategies that you would most like to focus on right now.

What strategy are you going to focus on?	
Start the day with structure, move through it with flexibility	<input type="checkbox"/> Reach out to others
Communicate your needs	<input type="checkbox"/> Help others
Incorporate short breaks into your day	<input type="checkbox"/> Practice physical self-care

3. **IDENTIFY** a few examples (1-3 is great!) of this strategy that you have seen or used for yourself, students, families, co-workers, loved ones, etc.

4. **CREATE** a plan to initiate or strengthen use of your chosen strategy for yourself.

<p>What resources do you need?</p> <p><input type="checkbox"/> Space <input type="checkbox"/> Materials</p> <p><input type="checkbox"/> Time <input type="checkbox"/> Additional staff</p> <p><input type="checkbox"/> Other:</p>	<p>Who will you lean on for accountability in implementing this strategy?</p> <p><input type="checkbox"/> Co-worker <input type="checkbox"/> Administrator</p> <p><input type="checkbox"/> Family Member <input type="checkbox"/> Friend</p> <p><input type="checkbox"/> Other:</p>
<p>How and where will you implement?</p>	<p>Identify 1-3 ways this person can hold you accountable:</p>
<p>When are you going to implement this strategy?</p>	<p>How will you evaluate how it's going?</p>

