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Managing Stress in Times of Uncertainty





Yes, AND

@HOLISTICALLYGRACE

Yes,

*we can feel
grateful*

AND

DISAPPOINTED
ABOUT THINGS
BEING CANCELLED

Yes,

*we can enjoy
extra time
with loved
ones*

AND

FEEL OVERWHELMED
BY THEIR PRESENCE

Yes,

*we can be
hopeful*

AND

FEEL LIKE
EVERYTHING IS
FALLING APART

Yes,

*we can be a
source of
support for
others*

AND

PRIORITIZE OUR
NEEDS, FILL OUR
OWN CUP

Be Kind To Yourself

Be kind to yourself. Some people are better at being flexible than others.

Show yourself compassion no matter how you are responding. It is ok.

Simply acknowledge your current situation and be aware that normal reactions to the transitional period are to be expected.

We are all human, be patient with yourself during this time.

Engage in Self-Care

Engage in self-care. We know that sleep, nutrition, and exercise are often the first things to go when we are managing a lot of stressors.

It is important to care for our bodies during this time.

Stay hydrated with water, and prep some healthy food to have on hand.

Take frequent short breaks throughout the day to walk, stretch, and move.

Don't forget to laugh and do things you enjoy each day.

Think back to challenging times in your life and draw upon how you were able to cope. Employ these strategies.

Make Your Mental Health a Priority

Make your mental health a priority. Look into strategies that can help you [manage stress](#) like breathing, mindfulness strategies, and connecting with supportive others.

Both positive and negative feelings will often emerge often at the same time.

Talk and confide in a few people you trust about current changes and pressures.

Don't isolate yourself with your concerns.

Seeking out individuals who have a sense of hope and who can help you strategize about managing your current situation is helpful.

Have Compassion for Each Other

Have compassion for each other. Everyone is trying their best and so much is unknown that practicing flexibility and patience is very important.

Have compassion for yourself.

Have compassion for your family.

Have compassion for your colleagues.

Have compassion for your supervisor(s).

Have compassion for decision makers.

Here is more information on [compassion at work and why it matters.](#)

Unplug

Unplug. Social media can be negative, news can be too much.

Limit your exposure- stay informed, but if you are feeling overwhelmed, take a break.

Remember knowledge from reputable sources is power.

Facebook post may not be correct, but the CDC is more likely to have accurate information.

Checking news briefly once daily is enough.

Ask for Help

Ask for help. If your anxiety or emotions are more than you can handle, ask for help.

Therapists are experts in helping people develop healthy ways to cope.

The [MSU Employee Assistance Program](#) offers free short-term counseling and they offer referrals off campus as well.

Many therapists are doing tele-health.

Connect with supportive others.

Seek out an online support group.

Utilize 1-800 helplines like: **National Suicide Prevention Lifeline toll-free at 800-273-8255**

Even if we are socially isolated, we are not alone.

THANK YOU!



Contact Information

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