

# Coping with Change and Uncertainty





## Avoid negative thoughts

Remind yourself that the worst-case scenario isn't reality. Recognising and accepting the actual situation will help put things in perspective.





## Be kind to yourself

Coping with a stressful situation takes time. Be patient and empathetic towards yourself while you wait for things to resolve.



# Stop the soul-searching

Focus on things you can control. Stop dwelling on what has happened. Instead create a routine you can follow to add some structure to your day.





## Indulge in some self-care

Don't skimp on healthy habits. Get enough sleep, exercise, and eat balanced healthy meals. Try yoga or mindful meditation to de-stress.



# Be among positive people

Make sure you're around the right kind of people who are positive and uplifting. Spend time around people who have dealt with a crisis to feel inspired.





# Be grateful

Look at the things you have and feel grateful for it. Celebrate the small wins and the unexpected upsides to change your perspective.



## Ask for help

If you're feeling too overwhelmed, get professional help. Sit for some sessions with a psychologist to find healthy ways to cope with transition.





## Help your employees navigate change with Wellbeing on the Web



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



Finance advisor



Newsletters



Self-assessments



Live classes



Articles



Videos



Webinars