The Experts Say – Summer 2018

Stop worrying, and find simple ways to cope with uncertainty so you can find happiness.

June 4, 2018 By Kate Ferguson

Accept that nothing is ever promised and life is unsure.

When people understand that their lives can be affected by change at any time, it's easier to handle anxiety caused by a fear of the unknown.

Educate yourself and move in the direction you want to go.

This means taking advantage of opportunities to learn and grow whenever possible because you have control over these actions.

Exercise your mind and body.

Engaging in physical activities, such as walking, jogging, swimming and working out at a gym, is a great way to release the stress and tension caused by living with uncertainty.

Practice meditation.

Use this technique to dispel negative thoughts and minimize emotional reactions that trigger anxieties about situations over which you have no power or control.

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