

# Strategies to get through uncertain times

- **Consume news and online content mindfully**

Consider setting a limit on how much news you take in each day as a way to manage your stress level.

- **Focus on what you can control**

Remember that you only have control over you and your choices. Your choices do make a difference, so try to make ones that feel safe and helpful right now.

- **Stay on a routine**

A daily routine including adequate sleep, self-care, daily movement in the outdoors and eating nutritious foods can make a big difference to your mental health.

- **Accept your feelings: they are valid**

Whatever emotions you are experiencing are understandable and ok. It is normal in times of uncertainty to feel scared and anxious.

- **Incorporate meditation / prayer when you can**

These practices can help ground or centre you by reminding you to be still, take time to breathe, so that you feel a sense of calm and peace.

- **Reach out for (virtual) connection**

In uncertain times it is normal and healthy to crave connection. You can still connect with loved ones and friends and if necessary, professional counselling, online or by phone.

- **Practice compassion towards yourself and others**

While academics are important, now may be a time to shift some attention to getting through each day safely, and taking care of yourself and others.

- **Channel emotions into creative expression**

Uncomfortable feelings may be the fuel you need to express yourself creatively through journaling, poetry, art, music, theatre, or story telling.

- **Choose reassuring thought/mantra to repeat**

Your thoughts can have a big impact on your mood and your behavior. Make an effort to talk to yourself in a kind and reassuring way. Example: "I'm doing the best I can right now."