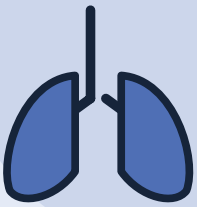
ADULTS | EDUCATIONAL GUIDE

Managing Anxiety and Uncertainty



WHAT THIS IS

Anxiety often comes from not knowing. The mind tries to solve the unknown by worrying. Learning to tolerate uncertainty is a skill.

HOW TO USE IT

1. Write what is known and unknown.
2. Choose one next step.
3. Schedule a 15-minute worry window.

EXAMPLE

"I don't know the outcome. I do know I can prepare and handle what comes."

What helps

- Name it: "I am feeling uncertain."
- Separate what you know from what you don't
- Focus on the next small step
- Slow breathing and grounding
- Limit news and doom-scrolling

What keeps it going

- Seeking constant reassurance
- Avoiding the situation
- Mentally rehearsing worst cases
- Trying to control everything
- Skipping sleep and movement

Reflect

What am I trying to control right now?

What would it be like to accept not knowing for today?

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