

## Help managing uncertainty and feelings of overwhelm

Uncertainty is a normal and inevitable part of life. However, navigating uncertainty can be difficult and prolonged uncertainty can negatively affect our wellbeing.

When we are feeling stressed, anxious or overwhelmed, it can be helpful to look at what is within our control, and what is outside of our control.

Write in the circles things that can and can't be influenced by you.

**Most Control**

For example:  
Our practical actions, such as tidying a living space, preparing for something at work or incorporating more movement into your routine.

**Some Control**

For example: our work schedule.

**No Control**

For example: larger global issues.

This activity can be empowering and help us to understand what can be managed at this moment, rather than worry and uncertainty becoming overwhelming.