Every day we are faced with choices without really knowing what the outcome will be. Being uncertain is not new. However, coping with an unexpected global catastrophe is. As humans, we want to feel safe and have a sense of control over our lives and well-being. It’s natural to feel stress and uncertainty. You are not alone.

Here are some tips to deal with uncontrollable circumstances, to reduce stress and to help increase resiliency.

1. **Stick to a routine.**
   Routines can be anchors and provide structure in your day. Create big and small activities that are consistent: exercise the same time each day, go to bed the same time each night, meditate every morning or walk the dog the same time each day.

2. **Make time for rest.**
   Uncertainty can disturb sleep, and fatigue only makes the uncertainty feel worse. Taking time to set up a relaxing bedtime ritual sends a powerful signal to your brain that it’s time to wind down and let go. It helps you prepare your mind for sleep. Try practicing a relaxation technique, like deep breathing, taking a warm bath, or dimming the lights and listening to soft music or an audiobook.

3. **Practice self-compassion.**
   It takes time to build tolerance for change and uncertainty. Be patient with yourself as you learn to adapt to the circumstances. What words of wisdom or compassion would you give a friend going through the same situation? Apply this advice to your own life.

4. **Meditate every day.**
   Meditation helps you refocus your mind to appreciate the present moment. New to meditation? Start with four cycles of 4-7-8 breathing.

**JH Employee Highlight:**

Lisa Silver, Medical Nursing, The Johns Hopkins Hospital

- I am striving toward a work-life balance. It is hard for me to separate the two, but I think I am doing better and feeling less stressed.
- I am motivated by moving forward every day and knowing negativity will not help me progress.

Share your techniques to face uncertainty. **Click here** to submit your story.

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"**In the face of uncertainty, there is nothing wrong with hope.**"

- O. Carl Simonton

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**Let’s Connect on Well-being**

- **Every Wednesday at 10 A.M. and 3 P.M.**
  https://lcah.webex.com/meet/forbed1
  Phone: 404-410-4502
  Access Code: 474-900-550

- **Ask the Expert with Frances Callahan, LCSW-C**
  May 7 Noon–12:30 P.M.
  https://global.gotomeeting.com/join/375708541
  Phone: 872-240-3412
  Access Code: 375-708-541

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- Manager checklist from meQuilibrium
- **Click here** for Healthy at Hopkins Resources to Support You and visit the Healthy at Hopkins portal (via my.jh.edu and select the Healthy at Hopkins logo) for additional offerings.
- Or visit the Office of Well-being webpage