

COPING WITH THE UNCERTAINTY CAUSED BY THE COVID-19 PANDEMIC

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Uncertainty is an unavoidable part of life. Although we have control over many aspects of our lives, there are a lot of things that we cannot control during this pandemic. Because of COVID-19, there is uncertainty regarding employment, finances, and the economy. Family relationships have been adversely affected by isolation or enforced together time. This uncertainty can cause increased anxiety which results in feeling stressed and powerless.

Often, people use worrying to cope with uncertainty, but it is not effective since it increases stress and sleeplessness and decreases enjoyment of life. In Matthew 6:25–34, Jesus encourages us not to worry. As Christians we know that we should trust in God, but what else can we do? Here are five healthy ways to help you cope with uncertainty

found in the article *Dealing with Uncertainty During the Coronavirus Pandemic*.*

- #1: Work on things that you can control.
- #2: Challenge your need for certainty. Opportunity comes from facing uncertainty which teaches you to adapt, overcome challenges, and be resilient.
- #3: Learn to accept uncertainty but plan for what you can.
- #4: Focus on today instead of worrying about the future. Live life in the present.
- #5: Manage anxiety and stress by:
 - **Exercising regularly.** It is a natural stress reliever which reduces anxiety and depression.

- **Relaxing daily.** Choose a relaxation technique like deep breathing or meditation.
- **Sleeping enough.** To improve sleep, set up a bed-time routine including relaxation and stopping electronics for an hour before bedtime.
- **Eating healthy.** A healthy diet can prevent mood swings and keep your energy levels stable. To boost your mood, avoid sugar and processed foods and increase omega-3 fats.

*<https://www.helpguide.org/articles/anxiety/dealing-with-uncertainty.htm>