

MOVING THROUGH UNCERTAINTY & CHANGE

Change can feel a lot like an uphill climb where you suddenly start feeling like you've come across a fog that makes everything around you look very cloudy. It makes the path ahead unclear, creating difficulties for you to take the next step or knowing what to do.



Whether it's a new job, moving to a new city, or shifts in a relationship, the uncertainty that comes with change can be overwhelming. Your first instinct might be to bottle up those feelings, however, acknowledging them and allowing yourself to feel them is the first step in navigating change in a healthy manner.

Let's explore how you can move through change!

Reflect on the following questions and answer them in the space below.



1. What's Your Fog?

- What's a change that's coming your way?



2. Dig Deeper: What's Underneath the Surface?

- Beyond your immediate reaction to the situation - what deeper concerns, feelings or anxieties might be lurking beneath the surface?

Are you worried about losing something familiar, feeling overwhelmed by the unknown, or unsure of your ability to adapt?



AWESOME!

3. What Makes You Awesome?

- What strengths, skills and resources do you have that can help you navigate this change? For example: determination, hard work, time management and having loved ones to lend you a listening ear.

Remember your strengths. Remind yourself of how you overcame challenges in the past.

4. Try A New Pair Of Glasses

- What positive possibilities might this change present, even if they're not immediately apparent? Any exciting new experiences, development of new skills or the possibility of personal growth?



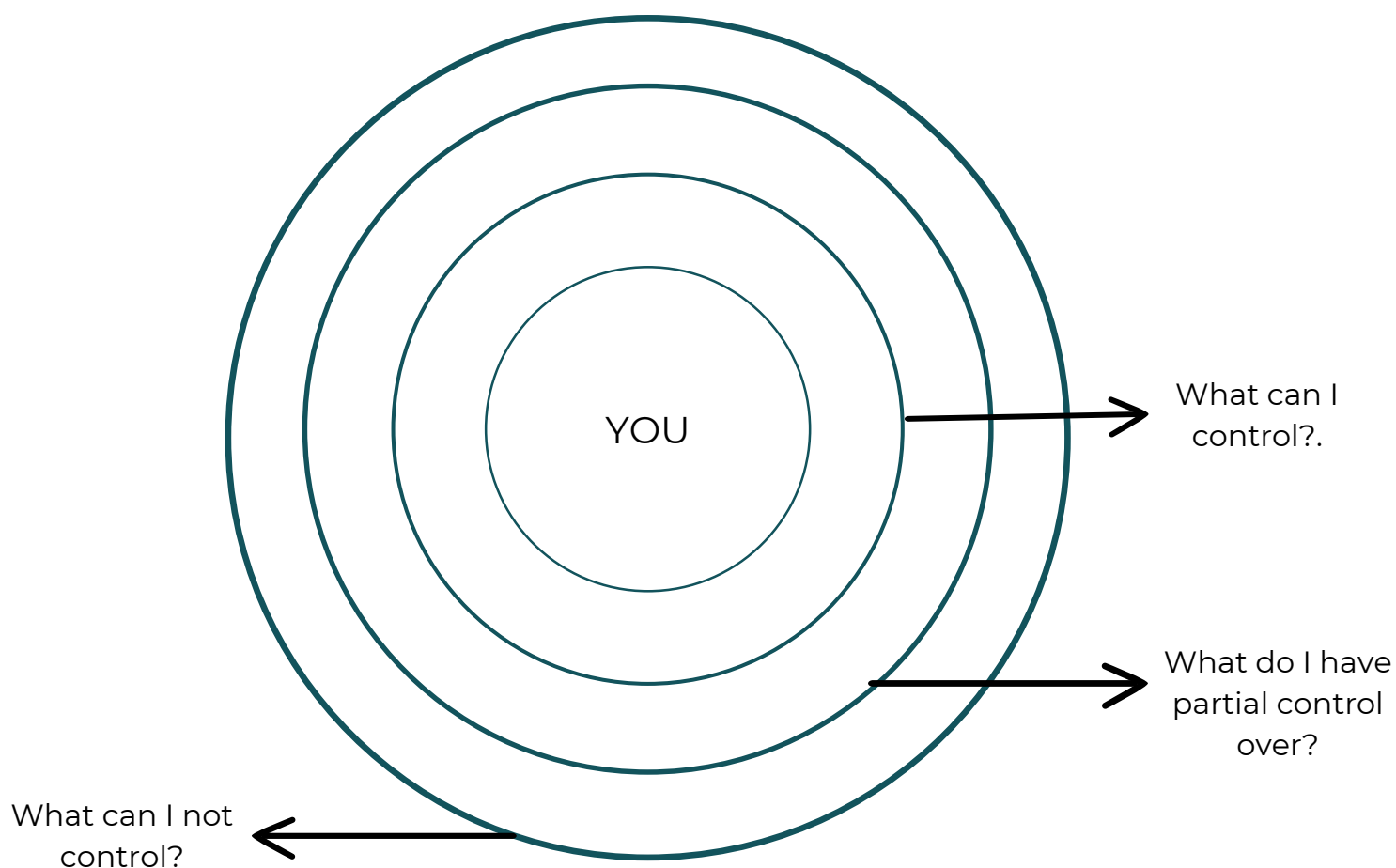
While change can feel disruptive, it often presents opportunities for growth and discovery.



5.What's In Your Control?

In times of uncertainty, it can help to focus on what is within control. What things in this situation are:

- In your control
- Partially in your control
- Not in your control?



6. Break It Down

- What are 3 things that you can do to feel more prepared and in control of this change?

Remember, change is a journey, not a destination. There will be ups and downs along the way, and that's perfectly okay. So, take a deep breath, accept how you're feeling, and know that it's okay not to have all the answers right now.

By acknowledging your feelings, identifying your strengths, and taking action, you can support yourself through the unknown with confidence and emerge stronger and more resilient on the other side.

You've got this!

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

