

Embracing Uncertainty

FALL WORKSHOP

VIA ZOOM

With

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About me



- Licensed Psychologist
- Health and Wellness Center at SAC
- Provide Psychological Counseling
- Workshops and Invited Lectures
- Clinical Supervisor at the Family Assessment Counseling, Education Services.
- In Private Practice

Life is uncertain



Introduction

- * We are living in the time of uncertainty to say the least. In 2020 what happened was all unexpected. From Covid19, to shut downs, to riots, to now wild fires.

“Nothing is certain except

EXCEPT DEATH AND TAXES



Learning Objectives

- * You will Learn:
 - * Your current dealings with uncertainty
 - * Why you need to embrace uncertainty
 - * What we do to deal with uncertainty
 - * How to embrace the Uncertainty in your life

What we expect



The problem of not tolerating uncertainty

1. A risk factor for many clinical conditions.
2. Problem for those who already suffering from anxiety
3. Maladaptive coping



How we cope with the uncertainties of life

1. Worry
2. Avoid
3. Prepare
4. Make list
5. Seek reassurance
6. increase knowledge
7. Double checking
8. make excuses / putting things off
9. Impulsive decisions

Does NOT work

- * it is IMPOSSIBLE to get rid of all uncertainty in your life.
- * SOLUTION?
- * Embrace uncertainty.

Why need to embrace uncertainty?

- * We don't like uncertainty because we cannot predict the future.



- * Embracing uncertainty can allow you to enjoy more of life, and to respond more flexibly to challenges that come your way.

How to embrace uncertainty



Check In

- * What am I reacting to?
- * What is happening with me ?
 - Thoughts (negative, obsessive)
 - Emotions (i.e. anxiety)
 - Sensations (shivering, sweat, heart beat)
- * What meaning am I giving it? Dangerous, hopeless, catastrophic

Practice brain dump

- * Our minds can be pretty messy with all kinds of thoughts, emotions etc. The brain dump allows you to clearly see everything that's going on in your mind and have the clarity to sort through it all.
- * Write down everything you're thinking and feeling about the situation.
- * Can categorizing things and making charts and lists. It helps to see things clearly to figuring out a solution.
- *

check facts

- * Is this fact or opinion?
- * How important is it. In a month, year?
- * Is there anything I can change (control) about this situation right now?

OPTIONS

Yes

No

If “YES” then Change

1. What can I change?

Environment

Situation

My reaction

2. How can I make changes

3. What resources do I need

4. When can I do it

5. What do I do first ? (Take a small step at a time).

If “NO”, Accept

- * Accept It as it is, I don't have to agree with it
- * I can always come back to it later
- * I can keep my options open
- * I don't have to fight it or stop it
- * It will pass

If “NO” Let Go

- * Is it worth it?
- * Is this something I can leave or let go of
- * Move on

Consider the worst

- * In her book, [*The Positive Power of Negative Thinking*](#), Julie K. Norem discusses the concept of defensive pessimism—when you consider the worst so you can plan how you'd handle it.
- * “What’s the worst that can happen?”

Create Structure

- * Adding some structure can help your life flow more easily despite uncertainty.
 - Create a structured morning routine
 - A daily self-care ritual
 - A new bedtime routine
 - Simplifying your to-do list,
 - Finding an accountability buddy.
- * **Get new good habit, complete a task. --sense of accomplishment. (dopamine), control.**

Get out of your head relax

- * Move your body: stretch, go for a walk in nature, cycle workout, dance, cleaning.
- * Take a shower or bath
- * Give yourself a foot massage
- * Spend time with someone, pets without technology
- * Listen to relaxing music
- * Do something creative: color etc.
- * Breath

Practice your faith



Questions



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