



# You're not alone

## Dealing with the unknown

A crisis or dramatic change often creates a sense of chaos. The day-to-day “normal” can feel like it’s been turned upside down. Things can be unpredictable. And you will likely have a lot of questions. You might wonder:

- Am I and my loved ones safe?
- Are we all going to make it through this?
- Will life ever go back to normal?
- Is everything going to be okay?

### **The stress of the uncertainty**

Living with uncertainty is very hard. Let’s say you’re waiting for a test result, diagnosis or a loved one’s recovery. While you’re waiting, it’s only natural to worry about the “worst case scenario.”

During this period, you may feel like things are completely beyond your control. All you can do is wait. And that comes with its own set of stressors.

## Coping with the unknown

While this time can be difficult, there are still things you can do to get through it. Consider these tips:

- **Seek information.** Stay informed by going online to read articles and updates related to the current situation. You can also watch reliable TV news sources. Just don't overdo your information intake because it can add to your stress.
- **Be flexible.** When you're in circumstances you can't change, you need to be as flexible as possible. Take things day by day.
- **Focus on what's within your control.** You may not have much control over what's going on. But you can choose how you respond.
- **Remember that you're strong.** You're likely tougher than you know. Think positive thoughts to help yourself through this tough time. You might think, "I can do this," or, "This too shall pass."

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It's important to remember that many people are affected. You can network online with friends and family to help each other. Make sure to look into the state and federal guidelines set up for your safety. You can also contact organizations that may be helping people through the tough times.

We're here for you during these tough times. You can call us 24/7 for emotional support and resources.



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