



# Becoming more comfortable with uncertainty

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With many of our daily routines, social constructs and financial landscapes turned upside down, it's easy to become unsettled and disorientated. What was the norm only weeks ago, has quickly been replaced by a surreal, existential human experience that was previously only found in Hollywood movie scripts.

What we currently all face is a level of uncertainty that, at times, leaves many of us feeling vulnerable and overwhelmed. I've created a list of ideas that might help you better manage this unprecedented time.

## Focus on what is in your control

When we focus on what we can control, we don't worry as much about things we can't control. Where you can take control, act. Where you can't take control, acknowledge such and do your best to let this go. Remind yourself that this is not a permanent state we are currently living in and your role in being socially responsible is helping everyone, including your loved ones. This takes practice.

***The essence of generosity is letting go.***

*- Pema Chodron*

## Be kind to yourself and others

Being uncomfortable and unsettled can evoke a diversity of emotions. Try to lead with kindness and compassion. It helps keep our collective emotional temperature down.

***What you do for yourself, any gesture of kindness, any gesture of gentleness, any gesture of honesty and clear seeing toward yourself, will affect how you experience your world. In fact, it will transform how you experience the world. What you do for yourself, you're doing for others, and what you do for others, you're doing for yourself.***

*- Pema Chodron*

## Reach out

In times of crisis and uncertainty, it's important to remain socially connected, even if that means from a distance. With so much change occurring so rapidly, it helps to connect with others to create greater sense-making of our current state. By maintaining social connections, we are reminded we are not alone. Create some structure to your social connecting and develop a daily routine of reaching out to loved ones and professional peers.

We truly are all in this together. Let's lead by example.

**Be well,**

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