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# Managing Uncertainty



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# Uncertainty and Change

Change means that something different happens. At the moment, it could feel like things are changing every day and it is hard to keep track.

This might make us feel uncertain and worried.

Sometimes change can feel good.



Sometimes change can feel bad.



There are some things we can do to help ourselves feel better when we are worried. Some of these things you can do with the help of a grown up and some you can try by yourself.

This booklet will give you some ideas of what you can do when you are feeling worried and uncertain.

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# My wellbeing plan

It is really helpful to remember what you want to achieve and all the things/people that will help you. Complete the wellbeing plan below and remember to keep practicing your strategies and re-viewing them. Keep the ones that work and change the ones that don't. Keep going you're doing great!!

I can talk to:-

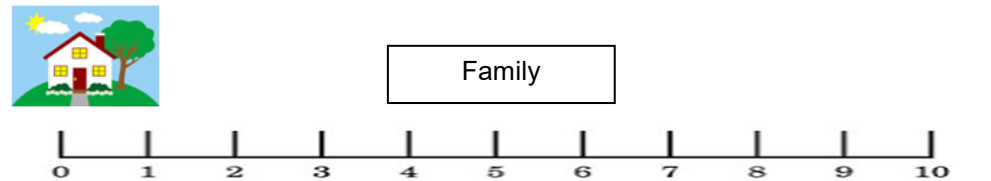
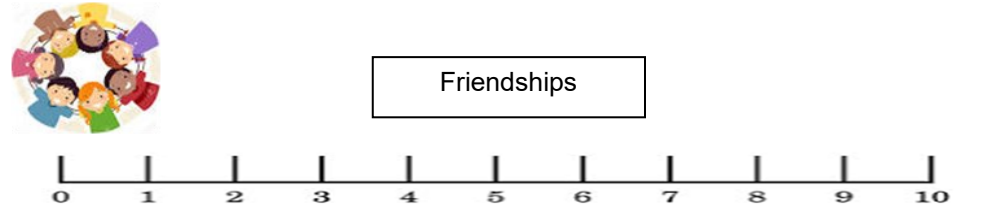
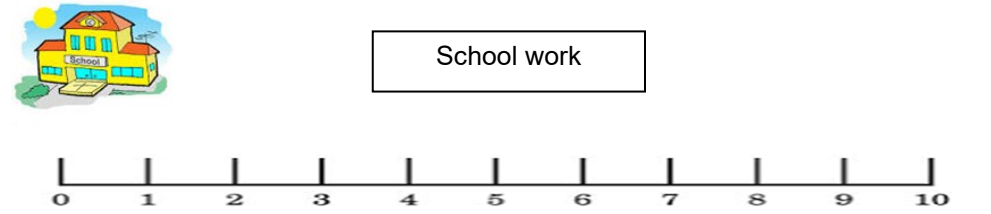
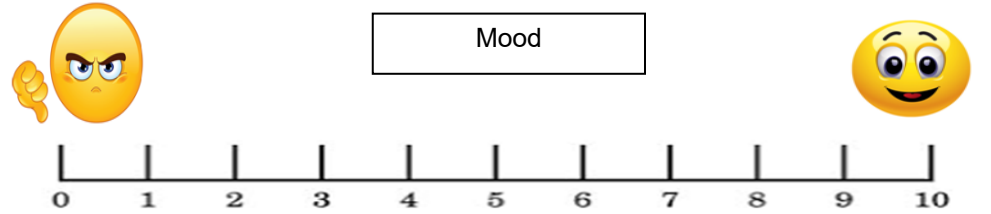
My goals:-

Activities I enjoy:-

Helpful strategies:-

# How am I feeling today?

Out of 10 (10 being very happy and 0 being not happy at all) rate your mood and how you are feeling about school/college, friendships and home.



Colour							
Date							

## Letting go of the things I am not in control of...

There are things in life we can control and things we cannot. When we are feeling stressed and uncertain, it is important to let go of the things we cannot control, particularly if they impact on our emotions. These two pages will help you to think about what you can and can't control, and support you to let go of the things you can't.



### Think of a rock..

Imagine how it feels in your hands, is it smooth or rough, is it cold to touch, is it heavy?

Now ask yourself these questions;

1. Can you squeeze the rock?
2. Can you bend the rock?
3. Are you able to change the rock at all?

### Think of some playdough..

Imagine how it feels to hold, is it tough to squeeze, is it cold to touch, what colour is it?



Now ask yourself these questions;

1. Can you squeeze the playdough?
2. Can you bend the playdough?
3. Are you able to change the playdough at all?

When we think about things that cause lots of change, or feel uncertain about what might happen, we can stop and think about the rock and playdough.

Can you think of what things are like the playdough and can be changed?  
Now have a think about what things are like the rock and cannot be changed?

Resource adapted from Recovery College course 'Coping during the pandemic', and can be accessed at <https://lms.recoverycollegeonline.co.uk/course/view.php?id=375>



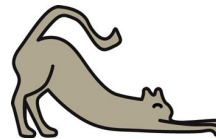
### Jaw: Chew That Carrot

Now, pretend that you are trying to eat a giant, hard carrot. It is very hard to chew. Bite down on it. As hard as you can. We want to turn that carrot into mush! Keep biting. Hold for ten seconds. Good. Now relax. You've eaten the carrot. Let yourself go as loose as you can. Repeat!



### Hands and Arms: Squeeze a Lemon

Pretend you have a lemon in each hand. Squeeze it hard so all the juice is squeezed out! Feel the tightness in your hand and arm as you squeeze. Squeeze hard! Don't leave a single drop. Hold for 10 seconds. Now relax and let the lemon drop from your hand. See how much better your hands and arms feel when they are relaxed.



### Arms and Shoulders: Stretch Like a Cat

Pretend lazy cat and you just woke up from a nap. Stretch your arms out in front of you. Now raise them way up high over your head. Feel the pull in your shoulders. Stretch higher and try to touch the ceiling. Hold for ten seconds. Great! Let them drop very quickly and feel how good it is to be relaxed. It feels good and warm and lazy.



### Elephant Stretch

Imagine you are an elephant. Stand with your legs spread out wide and stretch your arms by your side. Take a deep breath and as you breath out, bend your body forward from the waist. Clasp hold of your legs and imagine you are a heavy relaxed elephant. Stay very still and quiet as you enjoy stretching your whole body.

### Grounding technique Notice

- 5 things you can
- 4 things you can
- 3 things you can
- 2 things you can
- 1 Deep breath



### Flower and Candle: Breathing



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Imagine you have a flower in your hand. What colour is it? What does it smell of? What does this smell remind you of? Imagine in your other hand you are holding a candle. Now smell the flower and notice how your chest expands. Hold this for 5 seconds. Now blow out the candle and imagine you're blowing all your worries or extra energy from playtime away. Are you feeling relaxed and ready to learn?



### Meerkat Paw

Pretend you're a meerkat and your hand is a paw. Place your thumb over the palm. Gently and lightly circle your thumb over the palm. This will help your meerkat brain calm down. Repeat this with your other hand. How does this make you feel?



### Sleepy elephant

Imagine you are really sleepy elephant and are about to sleep for a hundred years. Take a deep breath and notice how your chest expands as you breathe in. As you breathe out, let out a long yawn. See how long and big you can make your yawn. How do you feel now? Do you feel sleepy? Repeat this exercise until you do it.



### Monkey Climb

Get into partners and put your hands around your partner's wrist. Imagine your partner's arm is a tree and your hands are the monkey's. Gently squeeze their wrist, lower arm, upper arm and shoulders as you climb the tree. Climb down the other arm. Say to yourself, "I am relaxed, I am relaxed"



### Meerkat stretch

Imagine you are a meerkat. Sit up straight. Look all the way over to your right. How far can your head go? What can you see? Now come back to the front and close your eyes. Keeping your head still, imagine you are a meerkat keeping watch, and can turn your head all the way round. Now, open your eyes and look at your right. What is the furthest thing you can see now? ...pause ..What do you notice? Has your head stretched further?



### Stomach make sure the elephant does not squish you

You are lying down and a baby elephant is coming towards you. Tighten your stomach muscles incase it walks over you. The elephant has gone so you can relax. Oh wait its back, quick, tighten your stomach muscles again, just incase it walks over you. Don't worry it has passed you so you can relax again.



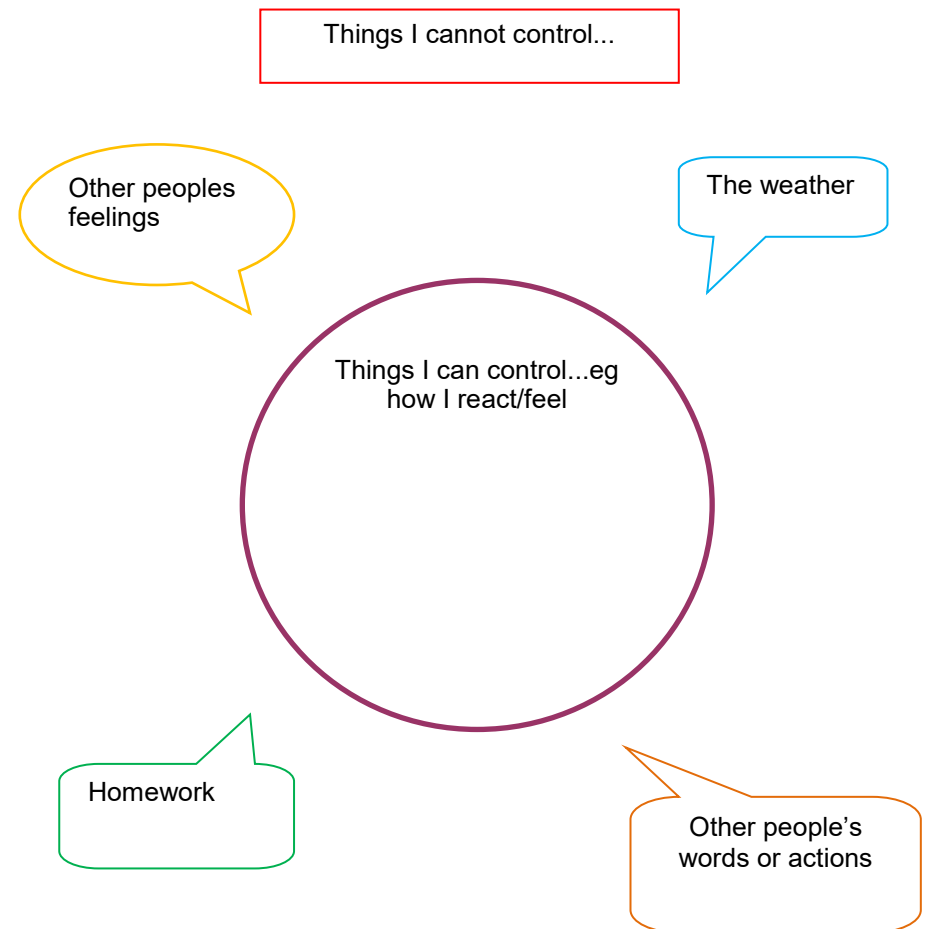
### Shoulders and neck: Hide in your shell

Now pretend you are a turtle. Try to pull your head into your shell. Try to pull your shoulders up to your ears and push your head down into your shoulders. Hold it tight! Hold for ten seconds. OK, you can come out now. Feel your shoulders relax.

## Letting go of the things I am not in control of...

Just like thinking about rocks and playdough, letting go of things that we cannot control can be helpful when we are feeling worried or uncertain.

Think about the things you can and cannot control in your life using the model and examples below.



# My daily routine



When things feel uncertain and confusing, it is helpful to develop a good routine and stick to it, even on the weekends. Use this page to help you plan yours!

Day	Morning	Afternoon
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

# Planning Activities

Keeping busy with some fun and creative activities will help boost your mood and chase away the worries. Now is a great time to try a new hobby, read a book, or get creative. Think of some activities you do at home or would like to do, here are some suggestions. Its fun to fill the jars with ideas, pull one out and make it happen!



## Activities to do by yourself

- Arts and crafts
- Reading
- Have a makeover
- Sing and dance
- Watch a film
- Write a diary
- Play a video game

## Activities to try with Family

- Go for a walk
- Play sports in the garden
- Board Games
- Watch a film
- Bake
- Start a project

