

DOES UNCERTAINTY MAKE YOU

UNEASY?

You've recently been on an interview for a job you are really interested in. You're expecting to hear back from the potential future employer.

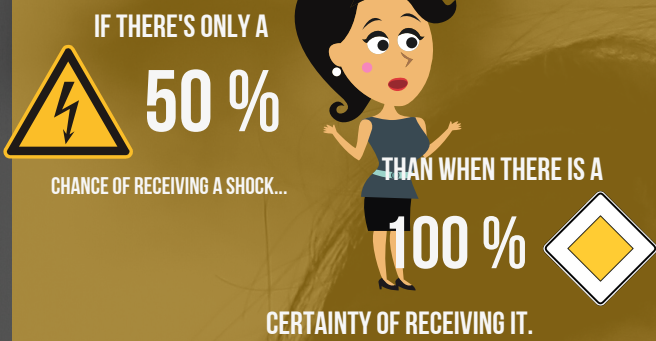
That's why you:
a) patiently wait until the email comes.
b) compulsively refresh your inbox.



You're not the only one!

Uncertainty significantly increases **DISCOMFORT.**

PEOPLE SHOW GREATER STRESS



MOST PEOPLE WOULD RATHER SUFFER A FINANCIAL HIT THAN WAIT IN A STATE OF UNCERTAINTY. **60 %**

Attempts to avoid uncertainty lead to costs in terms of:



TIME



RELATIONSHIPS



EFFORT

LET'S ESCAPE THE COSTS!



1 understand your body mechanisms

OUR BODY REGISTERS THE UNKNOWN AS A **POTENTIAL THREAT.**



- amygdala - brain registers a threat
- anterior insula - mind estimates the consequences of the situation
- state of hypervigilance



PEOPLE'S PERCEPTION VARIES GREATLY, AND SO DOES THE IMPACT ON **HEALTH AND WELLBEING.**

- high intolerance of uncertainty (IU) implies:
- heightened stress responses
 - increased vulnerability to a range of anxiety disorders and depression
 - increased rumination (contributor to many mental illnesses)

acknowledge your personal behaviour

2

3 learn to alleviate the negative feelings

- psychotherapies that increase tolerance
- challenge yourself! step out of your comfort zone
- accept the inability to control the situation



THRIVE UNDER THE FEAR OF THE UNKNOWN



AFTER ALL, UNCERTAINTY IS A SOURCE OF EXCITEMENT!

