

## Tip sheet

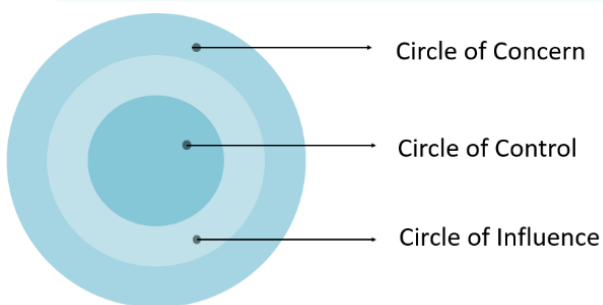
# Uncertainty and change

### Change vs uncertainty

Change refers to the process of becoming different or altering in some way. It can occur in various aspects of life, including personal circumstances, relationships, work environments, and societal structures. Change can be gradual or sudden, planned or unexpected, positive or negative. It often involves adaptation and adjustment to new conditions or situations.

Uncertainty, on the other hand, refers to a lack of certainty or predictability about the future. It arises when outcomes or events are unknown or unpredictable. Uncertainty can stem from various factors, such as incomplete information, complexity or ambiguity. It is a common aspect of life and can lead to feelings of anxiety, apprehension, or hesitation.

Change and uncertainty are closely related because change often brings about uncertainty. When circumstances or conditions shift, it can create uncertainty about what will happen next, how things will unfold, or what the consequences will be. Similarly, uncertainty can drive change as individuals or organizations seek to navigate unknown or unpredictable situations.



### Circle of control

1. **Circle of control:** The innermost circle represents things that we have direct control over. These are the aspects of a situation that we can control through our actions, decisions, and behaviors. Examples include personal attitudes, behaviours, choices, and responses to events. By focusing on the Circle of Control, individuals can exert their power to make positive changes and manage their own reactions effectively.
2. **Circle of influence:** The middle circle represents things that we can't control directly but can influence through our actions and interactions. These are external factors that we may be able to change or impact indirectly by building relationships, communicating effectively, and collaborating with others. Examples include relationships, team dynamics, organisational culture, and community issues.
3. **Circle of concern:** The outermost circle represents things that we are concerned about but have little or no control or influence over. These are external factors that may cause worry, anxiety, or stress but are beyond our ability to change or influence directly. Examples include global events, political climate, natural disasters, and other people's behaviors. While individuals may feel concerned about these issues, focusing too much on them can lead to feelings of helplessness or frustration.

## Refocusing

If you're nervous about life under a 'new normal', you're not alone.

### Establish your priorities

It's a great time to take stock of how you're spending your time, money and energy. Eliminate things that you don't want to do anymore. Add more activities that are in line with your priorities moving forward.

### Create a plan to manage your health

Whether you want to eat a healthier diet to keep your immune system in top shape, or you want to exercise more after spending all those weeks indoors, taking charge of your health can help you feel more in control, of your future. Our bodies and minds love routine, and in times of great stress effective routines can help reduce stress. Maintaining structure and routine can help you feel more organised and in control.

### Practice healthy coping skills

There are many problems you can't solve right now. We are all coming to terms with that. However, we CAN all address how we feel about our problems and how we approach them. Look for strategies to manage your emotions. Practice yoga. Meditate, connect with friends or whānau when you're feeling unsettled or anxious. Do what you know works for you and has served you well in the past.

## Grow your wellbeing by practicing the 5 Ways to Wellbeing

### Five Ways to Wellbeing



George Orwell said, '**Happiness only exists in acceptance**'. Simple, but powerful if we can embrace the power of acceptance and gratitude for the present moment we live in. We know it can be tough. If you can't see past the struggle and connect with the positive, you may need some extra support to help you through this time.

Remember Vitae's free call number 0508 664 981 and we're here 24/7 if you need some extra help.

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### Contact

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