Anxiety Related to Uncertainty

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OVERVIEW

• Define Intolerance of Uncertainty and Its Relation to Fear
• How Uncertainty about The Future Can Lead to Anxiety
• Examples of Future Events That May Induce Anxiety
• Common Anxiety Symptoms as related to Uncertainty
• Ways to Cope with Uncertainty Anxiety
INTOLERANCE TO UNCERTAINTY

- Reactions to Uncertainty in Everyday Life
- Fear of the Unknown
- Overestimating Potential Threats
- Anxiety as a Response
  (Gu et al, 2020)
HOW UNCERTAINTY ABOUT THE FUTURE CAN LEAD TO ANXIETY NOW

• Rumination of Negative Thoughts
• Connection to Perfectionism
• Thinking About Negative Outcomes as Preparation
• Normalizing Uncertainty

(Hoff et. al, 2009)
FUTURE EVENT EXAMPLES

- Academic Anxiety
- Major Exploration
- Career Anxiety
- Post-Graduation Plans
- COVID-19
- Social Situations
- ...and so much more.

(InsideHigherEd.com, 2019)
WAYS TO COPE WITH UNCERTAINTY ANXIETY (NIMH, 2022)

• Physical
  • Breathing Exercises
  • Meditation
• Cognitive
  • Locus of Control
  • Living in the Present Moment with Mindfulness
  • SMART Goals
• Emotional
  • Choose to Feel
  • Self-Compassion
  • Acceptance
REFERENCES

  • https://www.insidehighered.com/advice/2019/01/21/how-deal-career-uncertainty-opinion
Thank you!
Questions?