

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



(KnowledgeOne.CA, 2020)

- 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)



(TheEditLab, 2018)

FUTURE EVENT EXAMPLES



(InsideHigherEd.com, 2019)

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

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



(Mindful.org, 2021)

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Thank you!
Questions?