



WHAT TO DO WHEN YOU DON'T KNOW WHAT TO DO

- **Notice your emotions.** Remember that it's human nature to try to solve problems, so don't judge yourself for your response. Note the way you're feeling and allow yourself to just be.
- **Remind yourself you're not alone.** Nobody expects you to solve every problem by yourself. It's OK to ask for help or to do some research before making a decision. There's a lot to be said for tapping into the wisdom of the hive mind.
- **Focus on the present moment.** If you note what's going on around you and connect with the people who are important to you, it will be a reminder that there are other things to think about besides your problem.
- **Breathe before you answer.** Try belly breathing – drawing air right down into your abdomen so you feel your stomach rising and falling. When people are tense, their breathing tends to become shallow, which increases anxiety.
- **Practise perspective.** Remind yourself that you can only do your best, and putting pressure on yourself might make the situation worse instead of better. Ask yourself if you can take a step back and look at things from a different angle.
- **Count your blessings.** Sitting on your hands and waiting it out isn't always easy, so try listing the things you feel grateful for (you can use the space here) or practise an activity you find grounding, such as meditation, yoga, or heading out for a walk.

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