



How to Have a Positive Mindset in The Midst of Uncertainty.

In this life, we encounter storms when it seems utterly impossible to feel happy and peaceful. For instance, we're currently facing a global pandemic known as "COVID-19," which has brought about unprecedented fear and anxiety across the globe. Terrifying announcements about this pandemic keep hitting the news every hour. Everything about our world seems to be changing, and what's even worse is that we don't seem to understand the impacts of these changes on our way of life.

You have probably faced uncertain times in your life. It can be very scary and sometimes can actually affect those closest to you such as your family. You might find yourself losing patience with your closest people, lacking quality sleep and being in a constant state of worry. All of that can affect your quality of life. We must know that none of us are immune to uncertain events happening.

Meanwhile, maintaining a [positive mindset](#) amid uncertainty doesn't mean that you're not concerned about what's happening in your life or not active in your community; rather it means that you're leaning into your mental agility and not worry about what will happen in the future. You need to stop your fear and foster positivity. To have a positive mindset in the midst of uncertainty, here are the steps you can take:

1. Define Your Fear

During uncertain times, we often have our fears. You need to acknowledge and define your fear. Identify what's causing you to panic; is it that you don't know what the outcome will be? Is it the likelihood of not succeeding? You need to get to the root of the matter and write down whatever is bothering you. When you identify the problem you will be better positioned to deal with it.

2. Reconnect with Your Loved Ones

Reconnecting with our loved ones can provide an emotional boost during uncertain times. Emotional support is very important in the midst of uncertainty, and you should never wait for anyone to provide that support for you. So, you need to reach out to your loved ones to check in with them or share with them what's going on in your life. They could be one of your family members, spouse or your best friend. Most of the time, talking with someone opens up another part of you that's able to process what's happening in your life.

At the same time, you may offer social support to them, and when you do that you're more likely to receive it in return.

3. Just Think of the Best

We all don't like disappointments, and so to avoid them, we tend to think through how things could go wrong. Doing that we tend to overestimate the risks and negative consequences that may arise from a particular situation. This can lead to a lot of anxiety, and what's even worse is that it can set you up for failure. Starting something by worrying about the outcome can be a self-fulfilling prophecy.

You should envision the best possible scenario. Think about how it would feel being in that surrounding. By doing that you will be calmer and have more clarity about your current situation and at the same time, feel more confident about where you want to be. This will, therefore, improve your decision-making, and also increase your chances of success.

4. Embrace That Which You Can't Control

In as much as we like to be in control, there will always be things we can't control. This desire for control can negatively impact us if we see everything we can't control as a personal failure. Acknowledge that you're living in the real world, where you have minimal influence on the things that happen, in order to excel at managing uncertainty.

Always remember that you can't always control the outcome, but you can control your efforts and attitude. You can control the process and attitude through which you reach your decisions.

Acknowledge what you don't know (such as the outcome) but move forward based on what you know.

5. Keep Improving Your Mind

Uncertain situations should be a call for you to focus more on self-care. To be happy you need to be healthy, so you need to eat well, exercise, and do some journaling. Also, you need to appreciate all the positive things in your life as this uplift your spirits and provide a mental boost. Developing an attitude of gratitude is a crucial element for fostering positivity in the midst of uncertainty.

It can be challenging to have a positive mindset in the midst of uncertainty, but these five steps are skills you can cultivate in all types of uncertainties. Practice the strategies above and see an improvement in your ability to handle uncertainty.

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