

MARCH MADNESS:
Managing Stress In A Changing Economy

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Welcome! And thanks for joining us tonight at the monthly dinner meeting of the Berks County Estate Planning Council here at the Berkshire Country Club. In addition to the “Final Four” framework discussed in our interactive program, the following suggestions may be helpful in dealing with thoughts, feelings and actions related to **uncertainty**:

1. To reduce uncertainty, gather information.
2. To keep perspective, remember that we often seek/enjoy uncertainty.
3. Be mindful of “The Information Paradox”: The more access we have to information, the less tolerance we may have for uncertainty.
4. Allow some room in each day for “not knowing.”
5. Choose your verbs to avoid self-victimization.
6. Keep thoughts fluid rather than concrete.
7. Use a “centering” mantra to re-focus when flooded with uncertainty.
8. Avoid catastrophizing as a defense against uncertainty.
9. Set process goals in addition to outcomes.
10. Focus on what you can control.
11. Reach out for professional help as needed.
12. Recall past experiences when you successfully handled uncertainty.
13. _____*

*Look at the above empty line and practice managing your breathing, self-talk, and expectations to become more comfortable with blank spaces, undefined concepts, and other “uncertain” opportunities in life!

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