



# Happy students. Healthy living.

DECEMBER 2021

## Thriving in the face of uncertainty

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Though there remains much uncertainty about what the next year will bring, it is still possible to relish the good in life and accomplish goals you set for yourself. Here are some tips to help you not just survive but also thrive during uncertain times.

- You don't have to pretend that everything is perfect all the time. Instead, acknowledge your fears and doubts
- Practice radical acceptance. This is the act of letting go of how you wanted things to be in any given moment and accepting what is.
- Avoid "mental rehearsal" of worry thoughts—this is when we get so good at worrying, that our brains automatically go to worst-case-scenario thinking.
- Try distancing yourself from sources of negativity—whether it be the news, media you consume or even people in your life.
- A little gratitude can go a long way. Each day, take even just a few moments to remind yourself of the positive in your life and what you are grateful for, no matter how seemingly small.
- If you are starting to feel overrun with anxiety or worry, make a to-do list. Add even small tasks to it. You could also break a big project into smaller steps. Don't feel like you must do it all at once: Focus on essential items first to avoid overwhelming yourself.
- Stick to a routine as much as you can. Setting a daily schedule automatically provides structure amidst chaos and anchors your mind to the present moment.
- Don't forget to take care of yourself—body and mind—which is the foundation for thriving, no matter the situation. As much as you can, get an adequate amount of sleep, eat healthy foods, keep yourself hydrated and move your body, even with simple exercises such as walking or stretching.
- Just because there are uncertainties in the world doesn't mean you have to remain stagnant in your own life. Actively seek new opportunities and ways to grow. Don't be afraid to think outside the box.

WellConnect provides confidential consultations with a licensed professional for faculty and staff regarding student problems or concerns. In addition, our team is available to discuss behavioral and classroom management issues.

If a student comes to you with a situation and you're not sure what to say, please call our 24/7 FAST-Line at 844-208-7070. The FAST (Faculty Administrator Support Team) Line can be a valuable resource for navigating complex, sensitive or high-risk student situations. Our counselors will consult with you on the situation and help you develop a plan to assist the student. Of course, you can give the student the WellConnect student number, 866-640-4777, and encourage them to call, or even dial the number and hand the student the phone in a location where they will have privacy while talking to a WellConnect counselor.

Working collaboratively, we can help students achieve their personal, educational and career goals.

[WellConnect is here for you and your students.](#)

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