

Living with uncertainty

Living with uncertainty is a natural part of life. Being diagnosed with blood cancer brings greater focus on life's uncertainties, including uncertainty about our body, health, relationships, finances & the future. Living with these thoughts & feelings can be challenging. However, there are things you can do to help manage this.

Questions to consider

- How has blood cancer created uncertainty in my life?
- How have I coped with this uncertainty to date?
- Do I test out my fears/concerns for reality or probability of truth?
- What are some ways I can live better with uncertainty?

Resources *(click on each link)*



[Head Space](#)

[Calm Relaxation App](#)

[Insight Timer App](#)

[Mindfulness](#)

[Dealing with Uncertainty During the Corona Virus Pandemic](#)

[The courage to live with radical uncertainty, Shekinah Elmore](#)

Helpful Hints & Tips

- **Recognize that total certainty is an illusion:** We are always in a state of uncertainty and change. We take for granted things will remain relatively constant and struggle accepting that changes can happen to us without warning. As distressing as it is to consider, the truth is that your life can change in a second.
- **Practice meditation:** Mindfulness meditation allows us to create some distance between our situation and our habitual thoughts, emotions and reactions. Even just as little as 15-minutes mindfulness practice a day will create a space for your mind to calm and your anxiety to be reduced.
- **Utilise exercise:** Exercise is great for releasing physical and emotional tension that accumulates over time. Getting exercise can also help with sleep, essential for repair and recovery. It helps us to think clearly and recharge. An added benefit is the release of the 'feel-good' hormone, endorphins.
- **Act where you can:** It's important to acknowledge uncertainty is a natural part of life, it's also helpful to act on things we can change. Sometimes the only thing we can control is our response. When we embrace uncertainty and change, we start to release our grip on trying to control things or resist change. This enables us to let go of the struggle and creates space for joy and creativity.
- **Get Support / stay connected:** If you feel isolated, reaching out to others can be helpful, someone you trust or a professional.
- **Rely on reputable news / information sources:** With so much information at our fingertips, it's easy to become overwhelmed. Finding 1 or 2 sources of reliable news & limiting how often you source this information each day will help manage these feelings.