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FINDING  
COMFORT IN  
UNCERTAIN  
TIMES

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**Most** of us thrive when feeling comfortable, in control with a plan we know we can follow. We're better at taking calculated risks when things go as expected and life feels stable and predictable. But what about when the opposite is true? How do we stay grounded, steady and comfortable enough to keep moving forward when our lives are turned upside down and the unexpected becomes our new reality?

These steps prove helpful in times of uncertainty and change:

**Realize uncertainty is a normal part of life.** We face uncertainties each day - detours, setbacks, tough decisions, to name a few. In small measure, it doesn't feel as uncomfortable or overwhelming. We don't focus on or embrace it, so when uncertainty becomes a major player, it throws us for a loop. Uncertainty is challenging, but with awareness and tenacity, the fear that accompanies it can be conquered. It helps to remember how much experience we've actually had.

**Beat the brain's bias.** Our brains are wired to keep us in the familiar and to avoid danger, risk, fear and uncertainty. When we face trials, we're inclined to focus first on what can go wrong versus what can go right - we're just wired that way.

The control we do have is our power of choice; the thoughts, feelings and beliefs residing in our subconscious brains, are what truly control us. Because they're based in large part on the decisions we made long ago, we also have the ability to make new decisions that serve us in our current reality.

New circumstances call for new empowering beliefs. We do this by examining old limiting beliefs that created our knee-jerk reactions and discern if they're in alignment with the person we are today. If not, search for when and where those beliefs were created (old programming) and

consciously choose new, more empowering decisions to become your new truth.

**Ease your grip on control.** Needing control is a natural response to anxiety. When we're stressed or fearful, we cling to anything that gives us the perception of control. We may be just kidding ourselves, but the illusion of control is powerful and provides solace anyway. Easing the need for control opens us to new possibilities and opportunities.

**Accept present circumstances whether you like them or not.** Accepting what is allows us to release the struggle and reduces the level of suffering we'll experience. Try acceptance without judging the situation as good or bad - it just is. Look for one positive thing daily, no matter how small. Gratitude is a powerful means of creating more peace and calm even during struggle.

**Remember past success.** You've been through tough times before and you'll manage again. Apply past successes to the current reality. Draw on your strengths to create new solutions and pathways.

**Lean on loved ones.** Lean on strong relationships in weak moments. Friends, professionals and loved ones nurture us and remind us we don't have to go it alone. Practice self-compassion and expect better days ahead.

*About The Author*

**LINDA MITCHELL**

Linda Mitchell is a board certified executive and personal coach, speaker and reinvention expert. She empowers people who feel stuck, overwhelmed or ready for change to release struggle and evolve to their highest potential as they transition to their next meaningful role with ease, joy, confidence and purpose.

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