

HOW TO COPE WITH UNCERTAINTY

SPREAD THE LOVE & TAKE ACTION

FIND OUT IF YOU CAN MAKE A DIFFERENCE DURING TIMES OF UNCERTAINTY. THIS COULD MEAN VOLUNTEERING YOUR TIME OR RAISING FUNDS.

SPEND TIME WITH LOVED ONES

BEING WITH FRIENDS AND FAMILY WILL HELP YOU FEEL SAFE AND COMFORTABLE

FIND A PARENT OR GUARDIAN YOU TRUST & ASK THEM QUESTIONS

CHECK YOUR SOURCES & THINK TWICE BEFORE BELIEVING WHAT YOU SEE ONLINE

EXPRESS YOUR UNCERTAINTY CREATIVELY

TRY TO EXPRESS HOW YOU'RE FEELING WITH ART, MUSIC OR WRITING

PHYSICAL ACTIVITY

GOING ON WALKS, PLAYING SPORTS & STRETCHING ARE GREAT WAYS TO RELIEVE EMOTIONAL TENSION