

Accepting Uncertainty



1 Anxiety is Normal

Anxiety is a natural reaction to stress and the unknown.



2 Embrace Uncertainty

Accept that you can't control everything; some things will always be uncertain.



3 Stay Present

Deep breathing and mindfulness can help you focus on the present and reduce worries about the future.



4 Be Kind to Yourself

Treat yourself with the same compassion you would offer a friend.



Remember:

- ✓ You are not alone
- ✓ It's okay to feel anxious
- ✓ Small steps can make a big difference

If you or someone you know is struggling, please reach out to your primary care provider or contact ACCESS at 1-844-55ACCESS.

