

# How to Stay Positive in the Face of Uncertainty and Fear

## 1. Acknowledge and Define Your Fear

What is causing you to panic? Take the time to write it down. 'Get to the heart of the matter.'

## 2. Identify the Worse Case Scenario & The Best Case Scenario

Ask yourself how your life will be if what you are fearing comes true? Take the time to see what it would be like, the conversations you would have, imaging how you would live, and in the end everything actually being OK. This process takes the fear out of the unknown and by doing so you can let it go, and start to return to focus on the life you do want in a positive way.

## 3. Express Gratitude

Being thankful for the things that you have in my life. Expressing gratitude "opens up your heart like a flower", allowing you to accept the good that life has to offer.

## 4. Share with a Loved One

Sometimes it's enlightening to talk with close friends or family member, it may give you a different perspective on the situation.

## 5. Meditate, Breathe, Focus on the Present Moment

Spend 10 minutes a day in a quiet spot, pay attention to your breathing, thoughts, the positives and negatives of your day. Another option for self-reflection is journaling, write down how your day went and what emotions you were feeling and why. Doing this will open up a limitless wealth of peace inside that can become your guiding light.