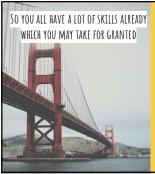
LIVING WITH UNCERTAINTY

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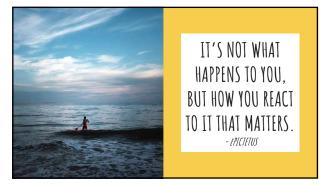


- Trying to deliver someone's dream, a very big job!
- Using a building to bolster their ego, or show the world who they 'really are'.
- Financial concerns.
- Working with legislation, regulations and builders.
- Quiet times and busy times.



- However with such an uncertain profession there is probably an increased vulnerability to external uncertainties
- We have not seen a situation like the present one, in any of our life times.

 It is not just a global financial crisis, lives are at risk and people are dying.
- Businesses will be in lock down for sometime, this is a marathon not a sprint
- The situation is changing hourly and there is media

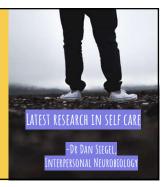


- Learning to understand that thoughts are just that. It is the extent to which we get caught up in them which is the problem. (Fusion)
- We can practice this.
- We can manage our thinking just like we can manage our physical discomfort.
 The Happiness Trap Russ Harris [ACT]



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- There is much discussion about meditation and mindfulness
- Recent research demonstrates that 18 minutes a day of mindfulness meditation provides an opportunity for the brain to change.



TRY HEADSPACE.COM

- A huge library of meditations which are easy to do, fun, effective and cost less than two cups of coffee a month.
- Many others, whatever suits you



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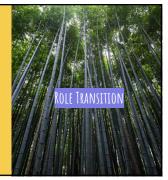
- Exercise
- Healthy Eating, a growing area of research, a healthy gut a healthy mind

 tow levels of mind altering substances, (alcohol is a CNS depressant, marijuana can cause poor motivation and depression which can have paramoid thought processes).
- Goal directed tasks you do have control over, small or large



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- A Role Transition is a very useful way of working in situations of uncertainty.
- Giving up the old role
- Mourning the old role
- Developing new attachments and support groups
- Recognising the positive aspects of the new role.



Courage

- Courage is strength in the face of knowledge of what is to be feared or hoped.
- In sickness (or any situation where we in a period of uncertainty), the first courage is to confront the reality of mortality, (the situation), the second the courage to act on the truth we find



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ONE HAS TO DECIDE WHETHER ONE'S FEARS OR ONE'S HOPES ARE WHAT SHOULD MATTER MOST

- ATUL GAWANDE

It's all about <u>Balance</u> and not a stable state

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