

# Dealing with change and uncertainty

Dr Funke Baffour-Awuah  
Al Rayan International  
School



# Webinar Series

- 1. Dealing with Change and Uncertainty**
- 2. Managing Fear and Anxiety**
- 3. The Art of Self Motivation**
- 4. The Power of Grit: Passion and Perseverance**
- 5. Finding your Purpose.**

# Outline

**1.** Concept of Change  
& Uncertainty

**2.** Types Change  
and Uncertainty

**3.** Emotional Phases  
of Change

**4.** The role of the  
Brain

**5.** Resilience

**6.** Reflection Corner

A rustic wooden sign with the word "CHANGE" carved into it in large, bold, capital letters. The sign is hanging from a rope that is attached to a circular metal fastener on a dark green, vertically-slatted wooden wall. The sign has a weathered, dark brown finish with some lighter wood visible at the edges. The background is a dark green, textured surface with vertical lines, possibly a door or a wall panel. The overall composition is framed by white, angular shapes that cut into the image from the top and right sides.

**CHANGE**

Change is fundamental and inevitable in our daily lives however; the definition of change is subjective!

# UNCERTAINTY

It all starts in the  
mind.

# TYPES OF CHANGE

SUBTLE

S

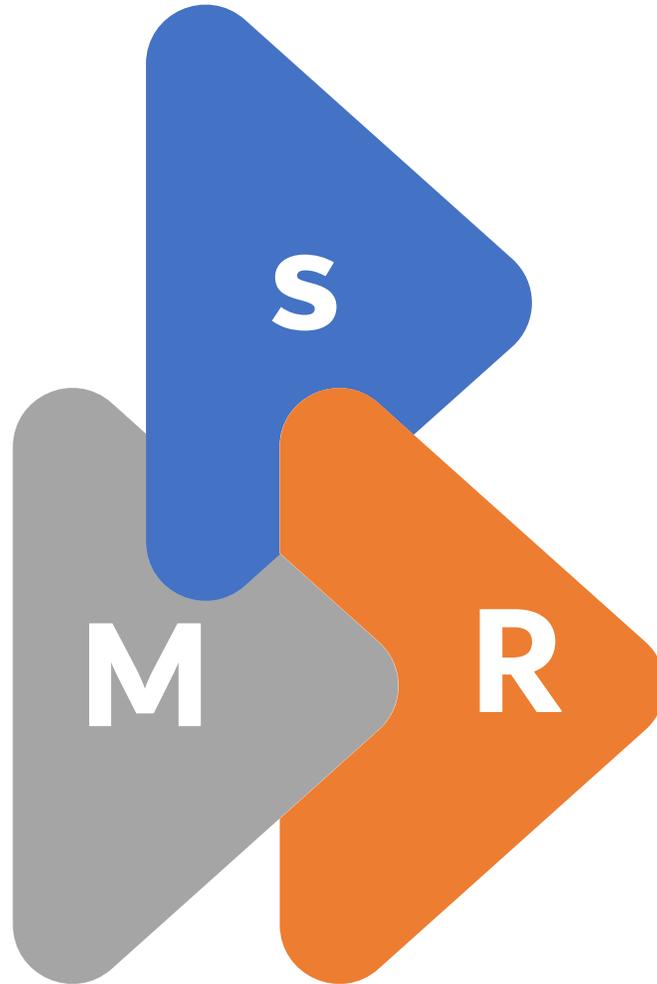
*Change is  
uncomfortable, and  
can be disruptive*

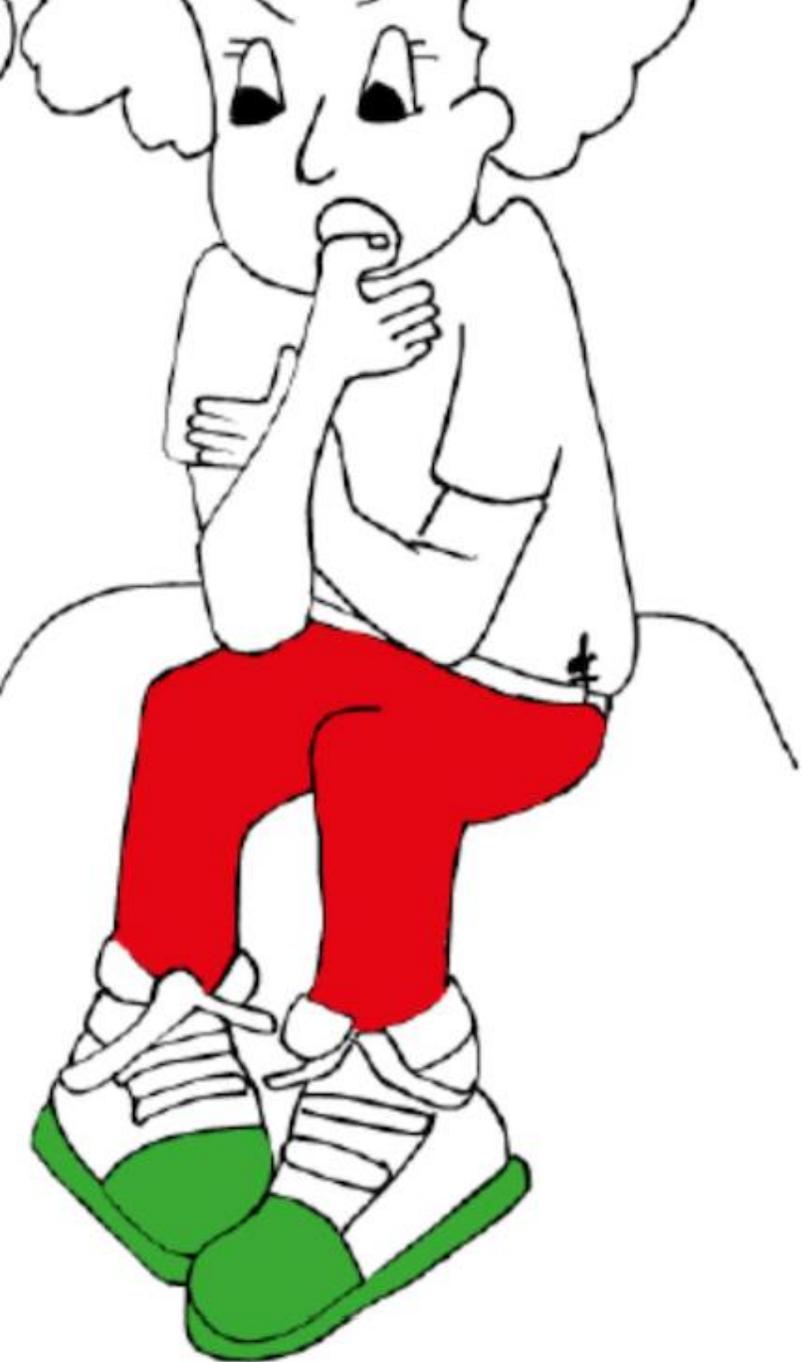
MODERATE.

M

R

RADICAL





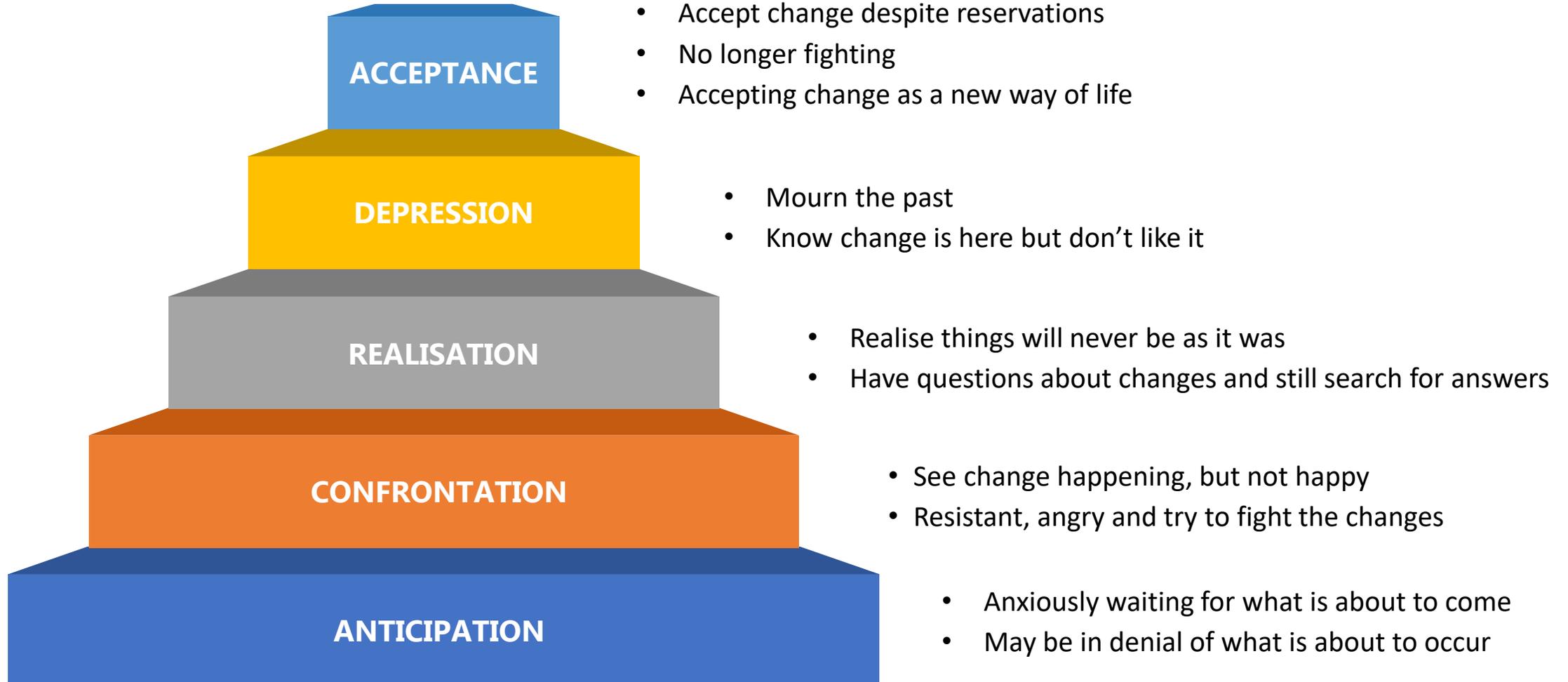
# We resist change because of FEAR....

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- **Unknown**
- **No Control**
- **Failing**
- **Impact on life**

# EMOTIONAL PHASES OF CHANGE

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# Uncertainty

## AMBIGUITY

The information is vague and open to many interpretations.

## KNOWN UNKNOWN

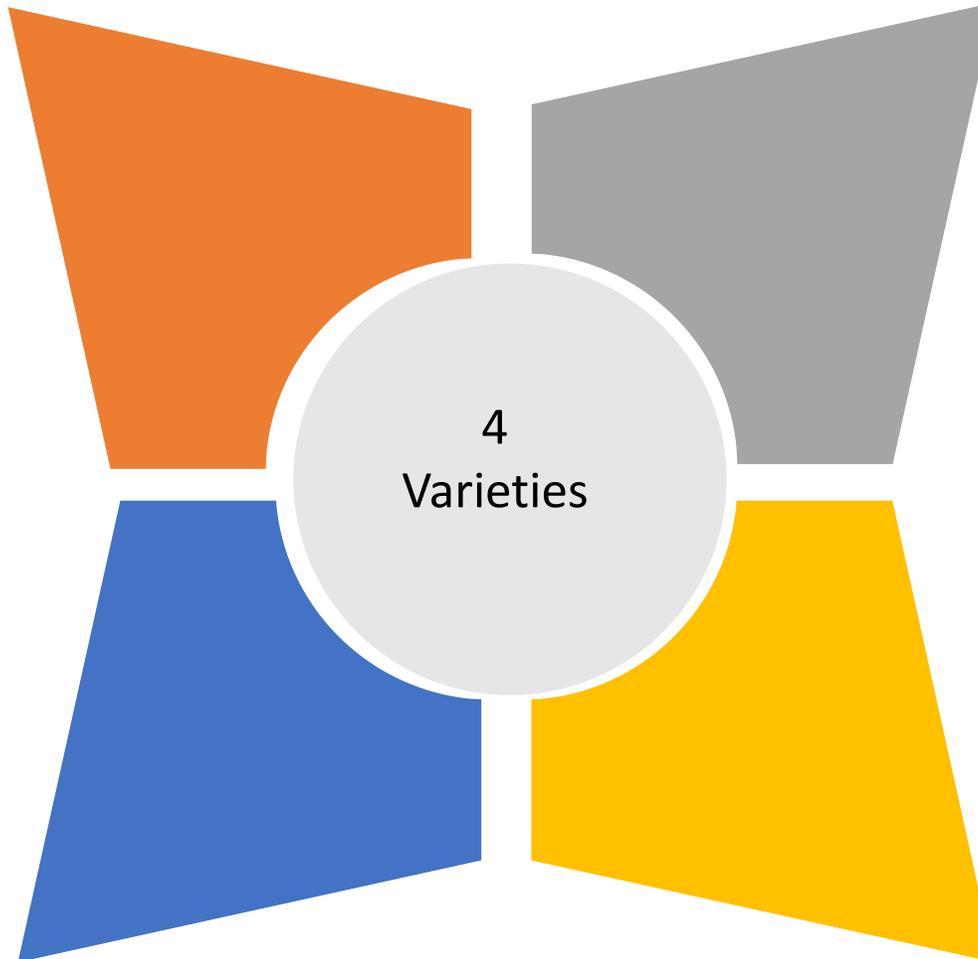
You know that information is missing.

## UNKNOWN UNKNOWN

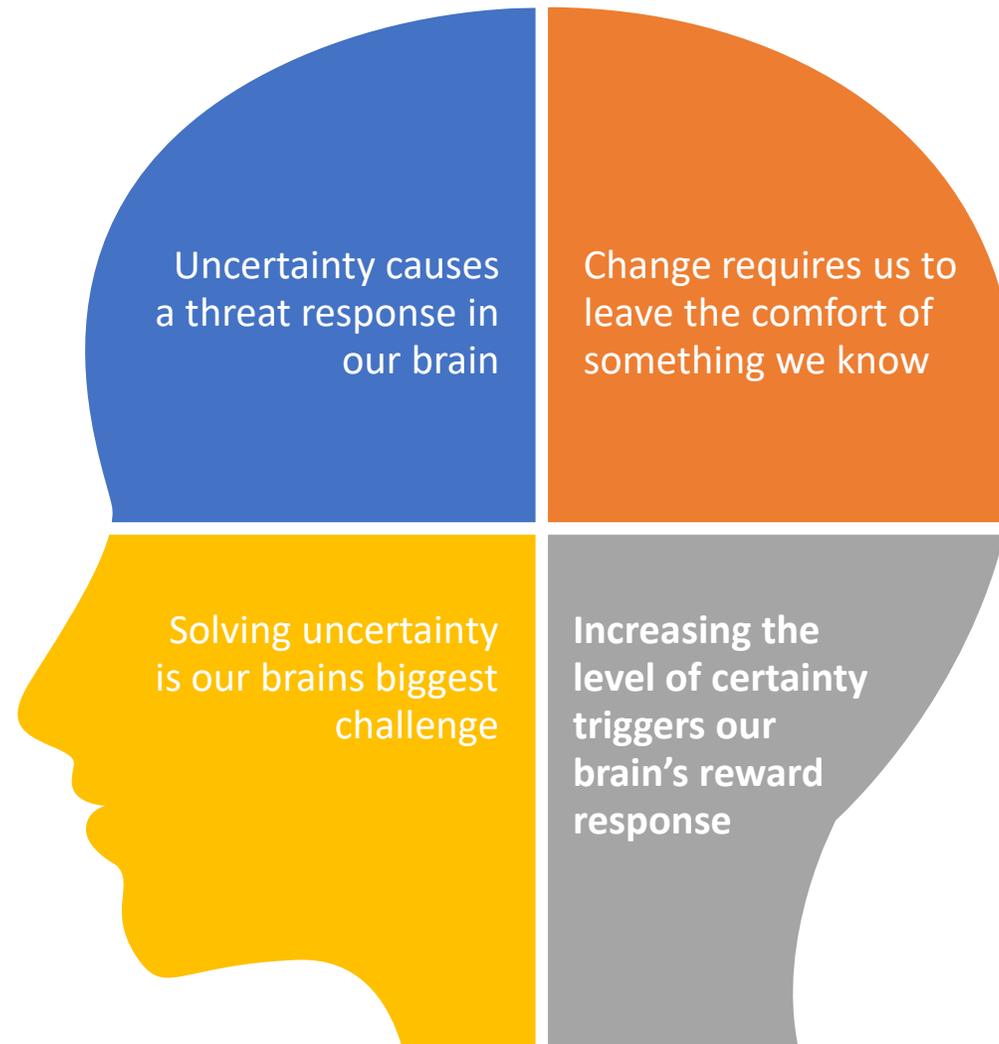
Information that extends beyond your knowledge but you are unaware it exists.

## FUTURE EVENTS

The future is uncertain! Outcomes are estimated by predictions. But remain unknown until they occur.



# The Brain: The relationship between change and uncertainty



Without accurate information, it is easy for our brains to spin stories of fear and dread.

**Managing uncertainty –**

***‘is deciding what to do in the absence of reliable information.’***

**Dealing with change and uncertainty  
requires:**

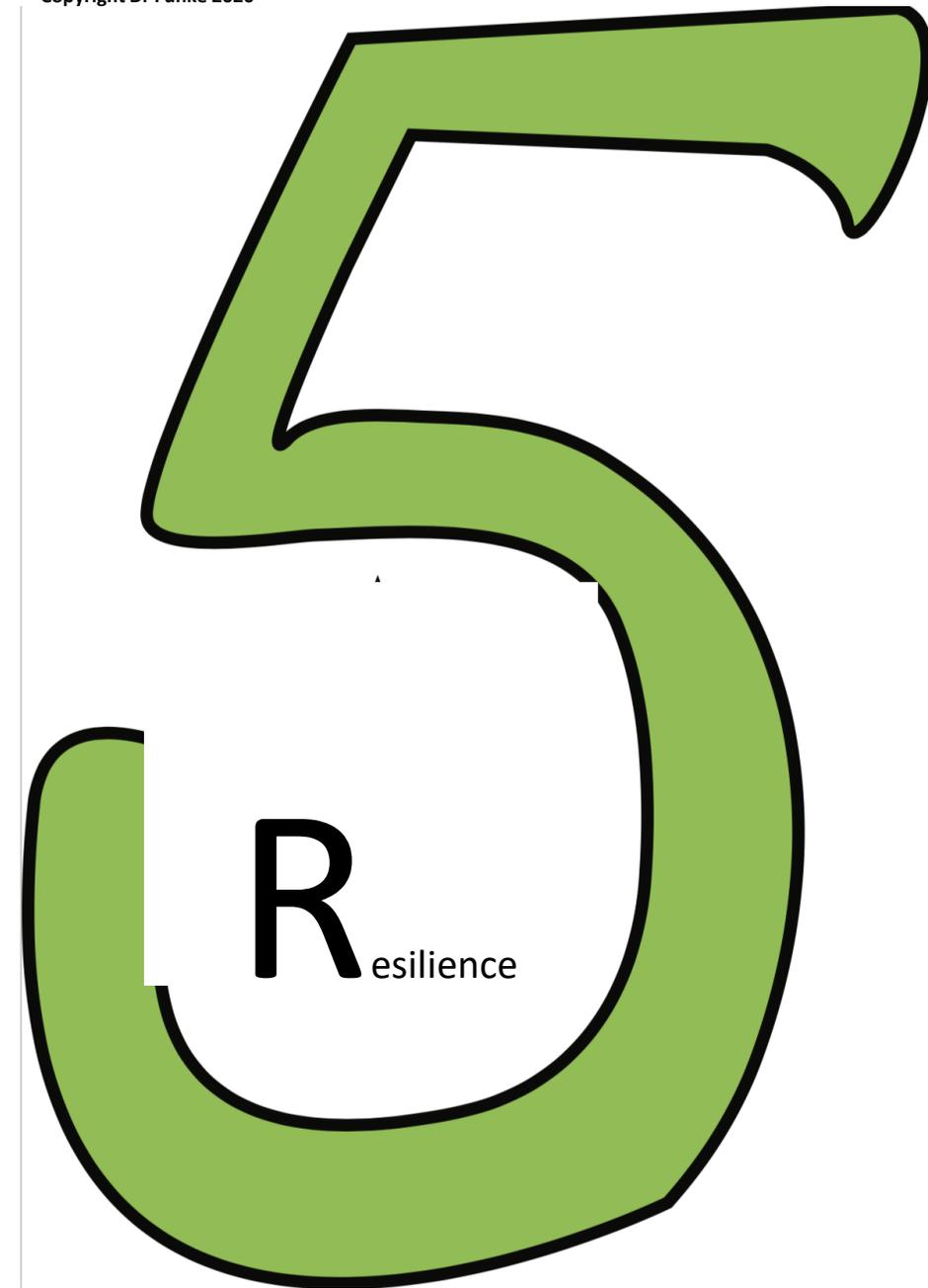
**Physical  
Resilience**

**Mental  
Resilience**

# 5 Resilience Skills

1. Self-awareness.
2. Attention – flexibility & stability of focus.
3. Letting go (1) – physical.
4. Letting go (2) – mental.
5. Accessing & sustaining positive emotion.

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# How to remain Mentally Strong during Uncertain times



1. Take Control of your Emotions

Learn better coping mechanisms!  
Journaling- it helps to process intense thoughts.

2. Let go of the little things

Are you sensitive to the small annoyances, verbal barbs?  
Do you get worked up easily?

3. Think before you act

Examine all angles and perspectives  
Ponder before you react to something that you have not thought through.

4. Let go of unhealthy habits

Ruminating on the past or being afraid of change adds to worry!  
Negative thought patterns are unhealthy!

5. Learn to say No

The harder it is for you to say no to people, the more likely you are to get stressed!

# How to remain Mentally Strong during Uncertain times



6. Reflect

Remember that you've faced uncertainty before  
Today is proof that you are strong enough to make it through!

7. Focus on yourself

Have some time alone, get to know yourself.  
Identify specific areas you would like to change and plan how to.

8. Enrich your Mind

Read Books, meet people, and develop new skills.  
Engage in concentrated relaxation exercises.

9. Be honest with yourself

If you're going to overcome an impediment, you need to be able to face it head on!

10. Practice Gratitude

Negative thoughts set you up for failure, do not wallow in self-pity, practice gratitude and optimism.

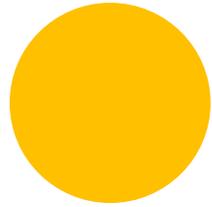
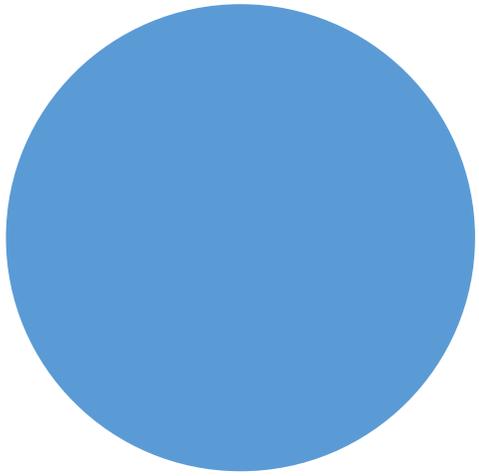
The image features a large, irregular orange watercolor splash that serves as a background for the text. The splash has a soft, painterly texture with some darker and lighter areas, and it is surrounded by smaller, scattered orange droplets and splatters on a white background. The text 'Reflection Corner' is centered within the splash in a clean, white, sans-serif font.

# Reflection Corner

How do you react  
when things get  
tough?



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**Thank you**

**Questions and Discussions**



# Dr Funke's Books



VISIT AMAZON FOR:



LOVE YOUR AUTHENTIC  
SELF



IMPROVING YOUR  
THINKING



TAKE CONTROL OF YOUR  
TOMORROW

Next Webinar

# **Managing Fear and Anxiety**