



Coping with change and uncertainty

Module: Teacher professional development – Change and uncertainty

Resource: Looking after yourself during times of change and uncertainty

There are several useful ideas we can employ to help us cope with everyday stressors. The purpose of this exercise is to consider ways to reduce the impacts of distress in our daily lives. Think about how to cope with and prevent the feelings of distress you identified in the table above, by coming up with a list of strategies to help you cope with these stressors.

The table below has examples to help you get started. Be creative, as there is no one right way to reduce stress. You need to work out what is best for you.

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|------------------------|--|
| Exercise | Exercise with other people to keep motivated |
| Nutrition | Don't skip meals |
| Sleep | Go to bed at the same time each night |
| Stimulants | Don't check emails right before bed |
| Support System | Talk to friends when I need help |
| Self-care | Recognise your limits |
| Time management skills | Make a schedule to follow |
| Relax | Watch a movie |