

# Unravelling Uncertainty

*Four steps for managing your Mental Health*



YOU'VE GOT THIS.

# 01

## Identify your stressors

Maybe your assignments are due, you have exams coming up or perhaps it is something that a friend said to you.

Make a note of everything that stresses you out.



# 02

## List the things you can control

Create short-term and long-term plans and routines to deal with your stressors. It can be as simple as going for a walk every morning, to as complex as you want.



# 03

## Journalize your experiences

Write down your experiences with anxiety and uncertainty. Revisit them when you feel comfortable doing so. Understand the causes and after effects.



# 04

## Reach Out

You are not alone. Share your experiences with a professional or if you are not ready, someone you trust in your life.

