



# *LIVING WITH UNCERTAINTY*

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# So much uncertainty in these times

- We live in an uncertain world at the best of times
- The Covid-19 pandemic has triggered unprecedented levels of uncertainty



# Will we survive this?

- Existential question: *will we survive this?*



# The context of Covid-19



- Macro context  
*uncertainties already in our system e.g. Brexit (we have been dealing with over a long period of time)*
- Micro context  
*people who have their own unique difficulties embedded in their families or relationships*

# The context of Covid-19

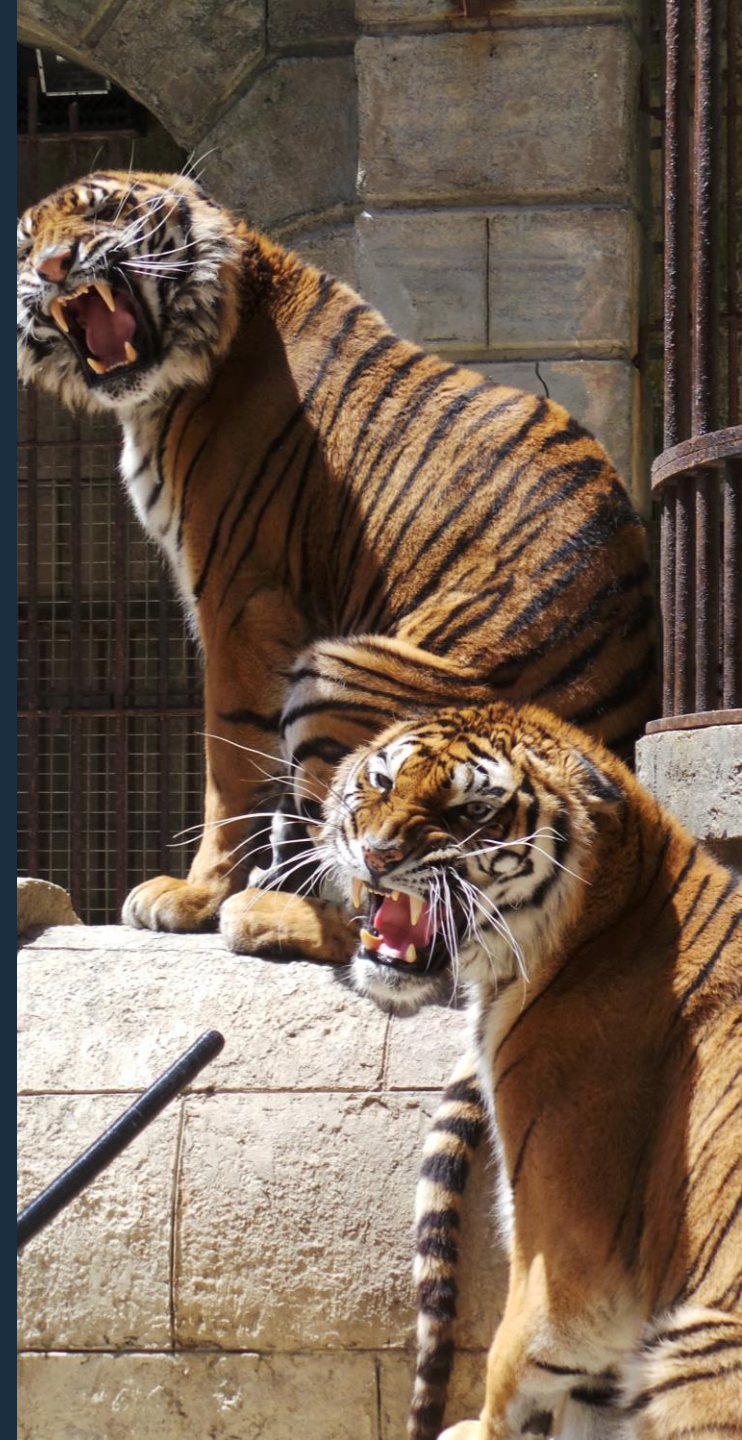
- A state of uncertainty can create fear and anxiety at the best of times



- In a worldwide pandemic it is natural to feel threatened, more fearful and anxious
- How people respond is on a spectrum, for some can trigger deeper anxieties

# Threat, fear and the natural response

- Fight, flight or freeze response within autonomic nervous system
- The threat system exists for good reason, it is natural to be activated by the current context
- Feelings may include being more selfish, more aggressive, less trusting, more competitive, less empathy



# Range of difficulties

- People living on their own – feeling isolated and vulnerable
- Feeling depressed, overwhelmed, experiencing loss and grieving
- People worried about their finances
- Addictions or compulsive behaviours
- If struggling contact GP, Samaritans, Mind, counsellor, psychotherapist



# Feeling safer

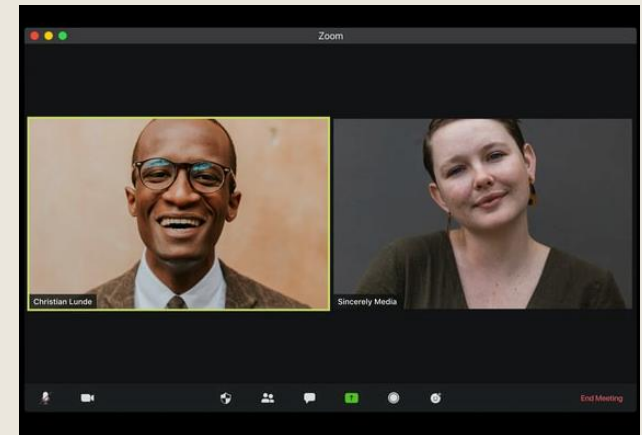


- Generally, as naturally social animals, our nervous system will look for safety and predictability by seeking out others
- Lack of meaningful contact is real challenge during the pandemic
- A pet can help us feel engaged and connected



# What to do

- *Realise the importance of connecting with others*
- Reach out to people you feel connected with
- Find new ways to keep the interaction going and feel engaged with another – Zoom, Skype, sing along, mini-communities, online quiz nights
- It helps us to create a sense of trust and mitigate sense of threat and mistrust
- Be present for another so these cues are filtered into the Zoom – mirroring back or intonation to feel connected and accessible to each other



# What to do

- *Recognise and address*
- Give your emotions a name – this is a heightened sense of fear
- Be aware we tend to have a negativity bias
- Self-care is crucial
- Create some routine to bring in a feeling of certainty
- Help yourself to help others
- Self-compassion



# What to do

## *create positivity*

Practise gratitude,  
humour, mindfulness,  
yoga, calm breathing

Create own narratives  
containing positivity and  
hope

### Reframe

- move from “Will we survive?”  
to “ We WILL survive!”
- lockdown = slowdown and
- think about values and the  
world we live in

Make your own  
lockdown, you don't  
need to “work at  
lockdown”

Become more mindful of  
the human connections  
we have and our ability  
to expand our  
connectedness to others

***We are all  
in this  
together***

- Natural instinct to seek out contact
- Fear and anxiety are natural responses, but you can find new ways to connect
- Acknowledge the context and try to be aware of your current needs, and find ways to adapt to this
- We are all in this together

# Any questions? My contact details



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