

NAVIGATING THE UNKNOWN

TIPS FOR SUCCESS

FEED HOPE

- Find hopeful stories to read and share.
- Focus on your individual strengths and ability to navigate tough situations.
- Trust your instincts and your gut - avoid letting other people's anxiety weigh you down.
- Revisit past successes.
- Give yourself space, time, and grace to feel feelings.

FIND FOCUS & FLEXIBILITY

- Focus on what matters - leave everything else.
- Plan as you can, but accept that things will change.
- Give yourself time to create contingency plans, but avoid too many "what if" scenarios.
- Trust in your ability to continue to adapt as needed.
- Do your research, but remind yourself that no one has all the answers right now.

GOOD ENOUGH IS GOOD ENOUGH

- Remember: there's no perfect decision in an uncertain situation.
- Celebrate wins instead of focusing on perceived failures.
- Control what you can - a meal, a call with a friend, time spent outdoors.
- As best as you can, let go of things you can't control.

BE KIND TO YOURSELF (AND OTHERS)

- Care for your body, mind, and spirit.
- Seek support and ask for help when you need it.
- Offer yourself kindness and compassion when you're struggling.
- Remind yourself that you're not alone in your struggle.
- Limit news consumption.
- Offer kindness and support to others - it helps you too!



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FEED HOPE

What are strengths you possess that have helped you navigate difficult times in the past?

How can they help you now?

FIND FOCUS & FLEXIBILITY

Practice contingency planning for your evening plans. What is Plan A?

And if that doesn't work out, what might Plan B look like?

Plan C?

GOOD ENOUGH IS GOOD ENOUGH

What has gone well recently?

What is outside of your control today?

How will you let that go?



BE KIND TO YOURSELF (AND OTHERS)

What do you need help with today? Who can help you?

What will you do for yourself today?

What will you do for someone else today?



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