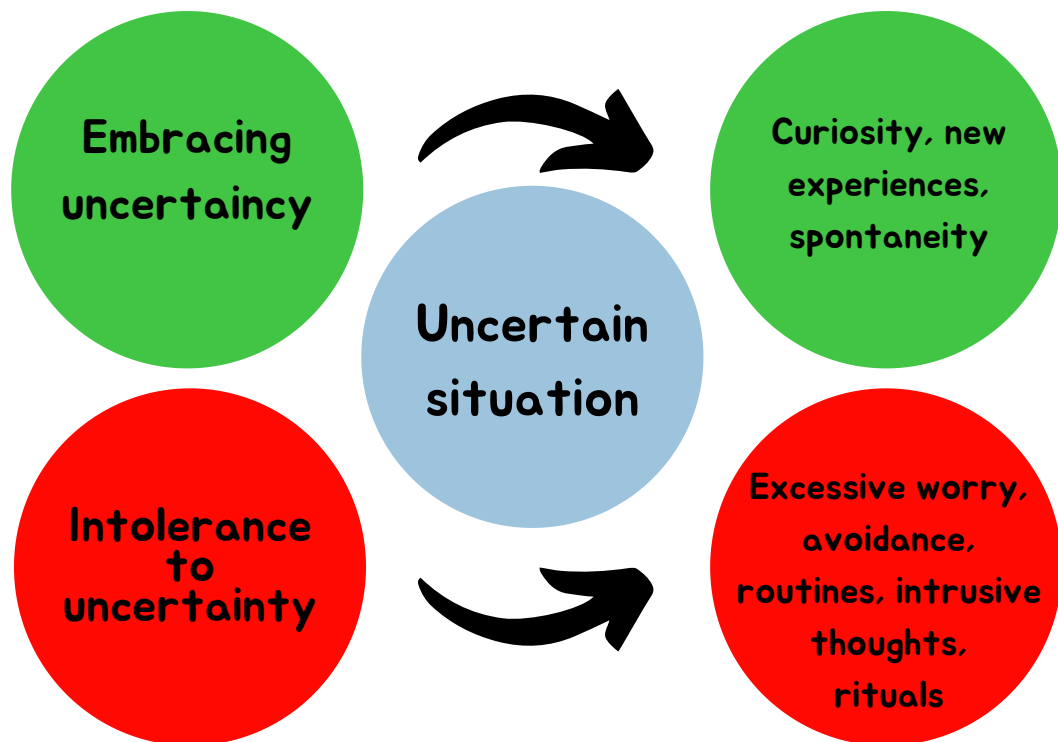
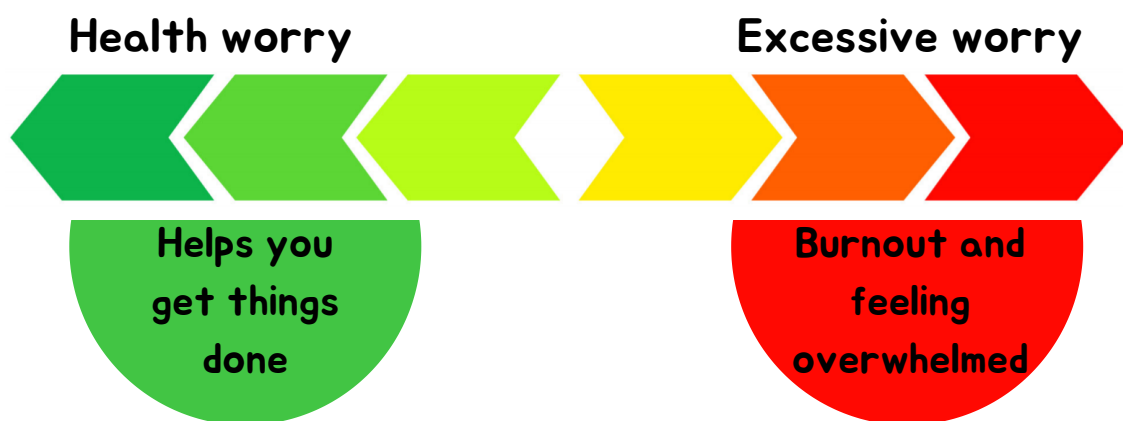


Intolerance to uncertainty

No matter how hard we try to plan ahead or predict what might happen, we can never be absolutely sure. Life is full of surprises. Some people welcome uncertainty, some are okay with it, others find it hard to deal with. While accepting uncertainty as a part of life can allow you to enjoy yourself more, intolerance to uncertainty can lead to interpreting a lot more situations as dangerous and threatening.



Sometimes, people have such a hard time accepting uncertainty that it causes them a great deal of stress and worry, and might even affect their ability to perform daily tasks. Worrying to a certain extent can be helpful, but too much of it is unhealthy.



Intolerance to uncertainty

Embracing uncertainty may not be easy for everyone, but there are different ways you can practice it. Try exposing yourself to something new.

Take a different route home.



Explore a new hobby.



Take a walk around parts of your local area you haven't seen before.



Order something new from the menu.



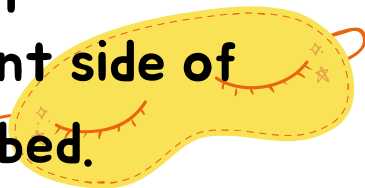
Call a friend or family member you haven't spoken to in a long time.



Do an activity you avoided so far.



Sleep on a different side of a bed.



Talk to someone you don't know.

