

# Self help matters.

Helping you to find your solutions

## Dealing with Uncertainty

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We have an insatiable appetite for knowledge and hopefully so at University, yet sometimes knowing can be a burden that locks us into a predefined construct. Our past life experiences can shape how we “need to know” and can be negatively influenced by friends, family and teachers. Educational systems place great emphasis on the acquisition of knowledge rather than the pursuit of thinking, learning and “being”.

We fear the outcome or consequence of not having enough knowledge, skills or training and so can consume ourselves by a swamp of information. No one knows everything. It’s impossible. The ideal scenario is “knowing enough” and seeing “not knowing” as a blessing rather than a curse, an opportunity rather than a hindrance and as healthy rather than an ailment.

What’s enough for you?

## Top Tips

**Curiosity.** Allow yourself the opportunity and enjoyment to be inquisitive, to ask questions and to inquire. The more outlandish your curiosity, the wider the perspective you'll generate.

**Mistakes.** Learning from mistakes can be our greatest developmental asset. Normalize, accept and appreciate the potential of mistakes to turn this into a mine of opportunity.

**Creativity.** Painting by numbers never reveals an artist's voice, so how can you tap into your creativity to find your own picture? What can you DO?

**Boundaries.** Structure comes from certainty, yet it limits the world within this structure. How can you "step out of the box"? How can you be a "disruptive" thinker?

**Choice.** Not knowing often invites the opportunity for choices. Seek them out, appraise and select them to give you options you might not otherwise entertain.

**Philosophical.** In a work world where you may be constantly asked "what is the answer?", twist this around and philosophically consider "but what is the question?"

**Teamwork.** Most successful people achieve greatness because they have great people around them. Appreciate others who have what you do not. Connect and work with your course colleagues and the teaching and support staff.

**Adventure.** The pursuit of real adventure does not lie in a having a perfect plan executed with military precision; rather it's about adapting to uncertainty. Some of the best experiences you may remember as a child might have emerged from not knowing how to respond to a situation but which you found a way to do so.

**Calm.** As you juggle demands and deadlines, not knowing can give you space and freedom to "be in the moment" and truly open up yourself to a greater and more real experience.

**Celebrate.** Applaud how you embrace not knowing and how you work with this or overcome it.

## Resources

### MOODZONE

Boost your mood, cope with stress, anxiety or depression or simply improve your overall emotional wellbeing.



**Opening Hours:** Online

[www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx](http://www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.aspx)

### LIVING LIFE TO THE FULL

Want to know how to feel happier, more confident & worry less right now? Would you like to learn new ways of dealing with what life throws at you?



**Opening Hours:** Online

<https://littf.com/>

### THE MIX

Provides free, confidential support for young people under 25 via online, social and mobile.



**Opening Hours:** Online

[www.themix.org.uk](http://www.themix.org.uk)

### MINDFULNESS FOR STUDENTS

Helping you to stay calm, focused & better manage the pressures of student life.



**Opening Hours:** Online

<http://mindfulnessforstudents.co.uk/>

### UNIVERSITY OF ABERDEEN SERVICES & SUPPORT

A range of support resources for everyone at University



[www.abdn.ac.uk/infohub/support](http://www.abdn.ac.uk/infohub/support)

### TOGETHER ALL

Online community of people who are anxious, feeling low or not coping who support and help by sharing what's troubling them. This is a free, online, moderated service and confidential.



**Opening Hours:** Online

<https://togetherall.com/en-gb/>

#### If you are experiencing a crisis - please contact any of the following

- **Emergency Services** - telephone 999 (Free) 24 hours
- **Samaritans** - telephone 116 123 (Free) 24 hours
- **Breathing Space** - telephone 0800 83 8587 (Free) Mon-Thu 6pm-2am, Fri-Sun 6pm-6am
- **Nightline** - telephone 01224 272829 (local rate) term-time only, between 20.00-08.00
- **NHS 24** - telephone 111 (Free) 24 hours

For other support resources, please see - [www.abdn.ac.uk/counselling](http://www.abdn.ac.uk/counselling)