

Take stock of how you feel

Put time aside to examine your current situation and think about how you really feel, perhaps talking it through with someone you trust. Always try to be kind to yourself, and get support with how you are feeling if you think you might need it.

Focus on the short term

Focus on the day-to-day, and think about what's in your power to do right now. Focus on your short-term needs and those of the people close to you.

Try breaking down tasks into manageable and achievable chunks. Start with easier tasks first and as you progress, your mood should improve and it should get a bit easier.

Acknowledge what's working

There will be things, however small, that do not change. Noticing, acknowledging and being grateful for these constants, as well as any small positive changes we have already made or are working on, can help deflect and recover from life's knocks, and helps us see positive possibilities for the future.

Each day, consider what went well and try to list 3 things you're thankful for.

Get practical advice

Talk to people you trust and get support if you need it. It can be hard, but try to face your fears and get help. For advice on how to look after your mental health in the workplace, or support others.

Try contacting the a free, confidential Cemex Employee Assistance Programme. Available 24/7 and can provide help and support. Call 0808 168 2143 or visit www.lifestyle-support.co.uk (Username: cemex Password: cemex).

10 Tips for dealing with change and uncertainty



Only do what's comfortable

Going at your own pace. We should not let others pressure us into things that make us feel uncomfortable, anxious or unsafe.

Discuss any concerns with those close to you and try to build in small positive changes. Honest and open communication is vital but so is giving others the space to move at their own speed.

Decide what strategies work for you

Uncertainty can put a strain on our mental health and wellbeing. Remember this is not the first challenge you have faced in life.

Think about what strategies have worked best for you before, and work out how you can use these approaches now. Whatever it is, commit to making it part of your daily routine. Recognising when you need professional help with your mental health is an important coping strategy.

Reframe your thoughts

It can be easy to get caught up in negative thoughts, feelings and actions. You might find yourself in a negative spiral where you fixate on issues and convince yourself of the worst. It can be helpful to step back, examine the evidence for your thoughts and explore other ways of looking at the situation.

Recognise your achievements

Take 10 minutes and list some of your accomplishments or successes from recent months – no matter how big or small.

If you are dealing with some serious stuff, just getting by is a big achievement in itself.

Take time to reflect on and be proud of what we have been able to do. It can also help to keep a note of them as a reminder of the good stuff.

Find a new rhythm

Routine and structure can be a powerful way to feel more in control and reduce uncertainty. Think about all the things that you can change or control. Make time to de-stress and wind down each day – build in positive activities like exercise, relaxation, hobbies, speaking to friends or spending time with those close to you, and think about a positive sleep routine.

Try to stay in the moment

When going through a period of change we can sometimes forget about the here and now. Try not to dwell on the past, fixate on the future, or get bogged down by things you do not or cannot know. You can only do your best with what you have today. Relaxation, mindfulness or getting outside are all good ways to help you focus on the present.