

# Dealing with Uncertainty


As the COVID-19 pandemic continues to evolve, it isn't easy to know what to expect. Changes in our lives at home and work continue. We tend to experience less stress when there is predictability and control. For many of us around the world, we have little knowledge or control of the future. There are more questions than answers.

For many of us, our level of uncertainty has increased in recent months. Survey data shows that the majority of us are experiencing increased stress associated with uncertainty about our health, public policy and the future path of the pandemic.


All of us react differently to uncertainty. Those with a higher intolerance for uncertainty may be less resilient and prone to anxiety and depressed feelings. No one can avoid the unexpected. But these simple steps can help you better face life's uncertainties as you return to work.

1. **Engage in self-care.** Don't let stress derail your healthy routines. Make efforts to eat well, exercise, and get enough sleep. Many people find stress release in practices such as mindfulness meditation and yoga.
2. **Control what you can.** Focus on the things that are within your control, make plans and get organized. Establish routines to give your days and weeks some comforting structure.
3. **Seek support from those you trust.** Many people isolate themselves when they're stressed or worried. Social support is important, so reach out to trusted family and friends.
4. **Reflect on past successes.** Chances are you've overcome other stressful events in the past—and you survived! Give yourself credit. Reflect on what has worked in the past and what other stress management “tools” you could try.
5. **Talk to your supervisor or HR manager.** Keep communications open about changes in policies and your organizations response plans. Talk about your specific situation, particularly if you are anxious about returning to work, have work-life balance challenges or if you have already returned and are struggling.
6. **Ask for help.** Contact Caterpillar's Global Employee Assistance Program (EAP). The EAP is a **free, confidential** resource available to all full and part-time Caterpillar employees, and their immediate family members worldwide.

For confidential support, free of charge, contact Caterpillar's **Employee Assistance Program (EAP)**:

 1-309-820-3604

 [EAP.cat.com](http://EAP.cat.com)

 1-866-228-0565

 [CaterpillarEAP.com](http://CaterpillarEAP.com)

For global access numbers by country