10 Tips for Living with Change, Uncertainty, and Anxiety

1. Be fully present in each moment.

2. Be willing to embrace the unknown.

3. Befriend your anxiety.

4. Cultivate self-confidence.

5. Distinguish what you can and can’t control.

6. Focus on your personal goals.

7. Keep the bigger picture in mind.

8. Learn to manage your emotions.

9. Look for the positive in every experience.

10. Practice patience and persistence.