



MANAGING UNCERTAINTY

When we go through big changes, or when we expect changes to happen soon, we may worry about what will happen, or how we will manage it.

One way you can try to manage uncertainty and worry, is to write about and/or draw what you are going through (or both if you prefer).

You may feel uncertain when moving house, changing schools, the arrival of a new baby in the family or when a family member moves out, and so on.

Remember, everyone feels different when going through changes; no feelings are right or wrong.

One way you can try to manage uncertainty and worry, is to write and/or draw what you are going through (or both if you prefer).

Think about:

- ·What is the change happening in your life?
- ·What are you worried about relating to this change?
- ·What are you looking forward to?





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For example, if you are moving house, you may be worried about whether you will have your own room. You could: describe/draw your dream room, draw a picture for your wall, or write down/draw your favourite things that you are taking with you.

It might be helpful to use your writing or drawing when talking to your family about how you feel, so that they can help to support you.





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