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# Management Brief

Essential Tips for Personal Growth

How to  
**deal** with  
**uncertainty**  
at workplace...!



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# What is Uncertainty?

Are you unable to deal with uncertainty and chaos at work, some people froze and became paralyzed by over thinking about what was going to happen next. If you are unable to deal with uncertainty and it causes stress and anxiety. Then for a while, you will go through an up and down journey which leads to breakthrough. Uncertainty doesn't go away – you just need to learn to deal with it.

Here are **5 ways** to deal with uncertainty at work that helped me and may be helpful to you:

## Understand unpredictability

Understand that your place of work will have lots of changes. Don't be surprised with chaos at work. It will happen. No one is immune from the up and down cycles especially during an unpredictable economy. People will change, the nature of work will be different and the way your place of work is organized will be different. Things you didn't expect, will likely happen because no one can predict the future.

By FULLY ACCEPTING the chaos at work, we can start realizing that we cannot control the chaos BUT we can only control ourselves and the way we deal with the uncertainty and chaos. Accepting this hard truth FULLY will make you feel better in how you deal with uncertainty.

## Get Busy

It's hard to focus on work when everyone around you is waiting for the next shoe to drop. But instead of waiting for that 'shoe', why not do something? If you're thinking about making a career move, then go ahead and start sending out those resumes, make those calls or put out those feelers. Don't waste your time going around the gossip mill. Stop trying to predict what's going to happen next. You can't. Get busy with doing something meaningful – something useful. If you're not interested in leaving your job and are trying to deal with uncertainty within the same place, then find a project and just do it. Throw yourself into your specific role and do it really, really well. Move forward and start working on something that you CAN control.

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## 3 Try Something New

Dealing with uncertainty at work can make you feel lost sometimes. We've all seen people who are 'checked out' walking around like zombies with no life inside of them because of so much change and chaos at work. I've been there and it's tough. By trying something completely new, you'll be sending positive signals to yourself and to those around you that you're the person to go to in times of chaos. You'll not only demonstrate an exterior that says, "I'm throwing stuff on the wall" but one that allows you feel like you're progressing...not sitting there and sulking. Getting out of limbo land and trying something new breathes new life into a weary soul. Taking a step forward is rich nourishment that brings with it a potent tonic: momentum.

## 4 Don't Believe the Hype. Believe Yourself.

Don't over think what others say is going to happen. They can't predict the future. Don't listen to the hype, the gossip, all the so called facts or anyone else... believe what YOU know to be true. Don't over analyze what you think might happen next. Don't over think the path you will take next. You were born with everything that you need to deal with uncertainty at work and make it through the chaos and move forward in life. It's called your gut. Your intuition. Use it. Trust it. Trusting yourself when you're dealing with uncertainty can make you feel like you are in control again. Because you really are. You are in control of yourself!

## 5 Know That Things Do Work Out

Regardless of what happens during times of uncertainty at work, know that somehow, somewhere down the road, things do work out. I've had colleagues or friends who have lost jobs and somehow – by hook or crook, it has always worked out. Some have found better jobs – higher paying careers. Others have moved on to whole new lifestyles where they got out of the rat race altogether and are happier that they were forced to take a hard look at their life. Some became entrepreneurs and are thrilled. It didn't happen over night but it did happen – things did work out. Realizing that life has an interesting path that you have to uncover is a great way to deal with the uncertainty at work in a positive way.

## How to combat uncertainty? Replace expectations with plans.

**W**hen you form expectations, you're setting yourself up for disappointment. You can guide your tomorrow, but you can't control the exact outcome. If you expect the worst, you'll probably feel too negative and closed-minded to notice and seize opportunities. If you expect the best, you'll create a vision that's hard to live up to. Instead of expecting the future to give you something specific, focus on what you'll do to create what you want to experience.

### **Become a feeling observer.**

It isn't the uncertainty that bothers us; it's the tendency to get lost in your feelings about it. The point is that speculation leads to feelings, which can lead to more speculation and then more feelings. It helps us to stop the cycle by recognizing the feeling-in that case, fear-and the reminding myself: Nobody can possibly predict the future, but can help create it by fostering positive feelings about the possibilities.

### **Get confident about your coping and adapting skills.**

This isn't the same as "expect the worst." It's more about assuring yourself that you can handle any difficulty that might come. The concept of defensive pessimism-when you consider the worst you can plan how you'd handle it. This has actually shown to help people manage anxiety.

### **Utilize stress reduction techniques preemptively.**

If you're dealing with uncertainty, you probably have stress in your body, even if it's not at the forefront of your thoughts in this exact moment. Over time, that body stress affects blood pressure, blood sugar, muscle tension, cholesterol level, breathing rate, and every organ in your body. Incorporate stress reduction techniques into your day, ideally meditation, even if just five to ten minutes daily. Finding your center will help you feel better prepared to tackle whatever comes your way.

### **Focus on what you can control.**

Oftentimes, we overlook the little things we can do to make life easier while obsessing about the big things we can't do.

### **Practice mindfulness.**

When you obsess about a tomorrow you can't control, you're too busy judging what hasn't happened yet to fully experience what's happening right now. Instead of noticing and appreciating the beauty in the moment, you get trapped in a fear-driven thought cycle about the potential for discomfort down the line. While meditation is the best way to become more mindful, it isn't the only approach. Sometimes it helps me to take an inventory of what's good in today.

# Quotes

Uncertainty is a sign of humility, and humility is just the ability or the willingness to learn. -*Charlie Sheen*

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If you aren't in the moment, you are either looking forward to uncertainty, or back to pain and regret. -*Jim Carrey*

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Uncertainty and expectation are the joys of life. Security is an insipid thing. -*William Congreve*

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Knowledge is an unending adventure at the edge of uncertainty. -*Jacob Bronowski*