

Navigating Through Uncertainty

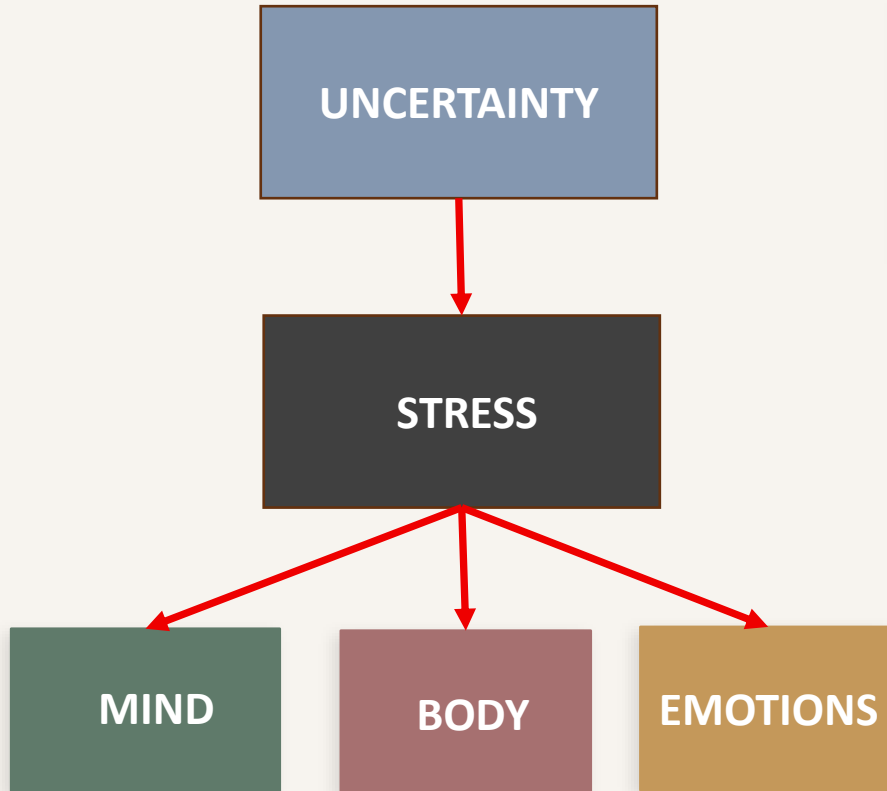
*How to Stay Calm in
Rough Waters*



Presented by Eva Aksahin
Founder of Soulight
Therapeutic Coaching



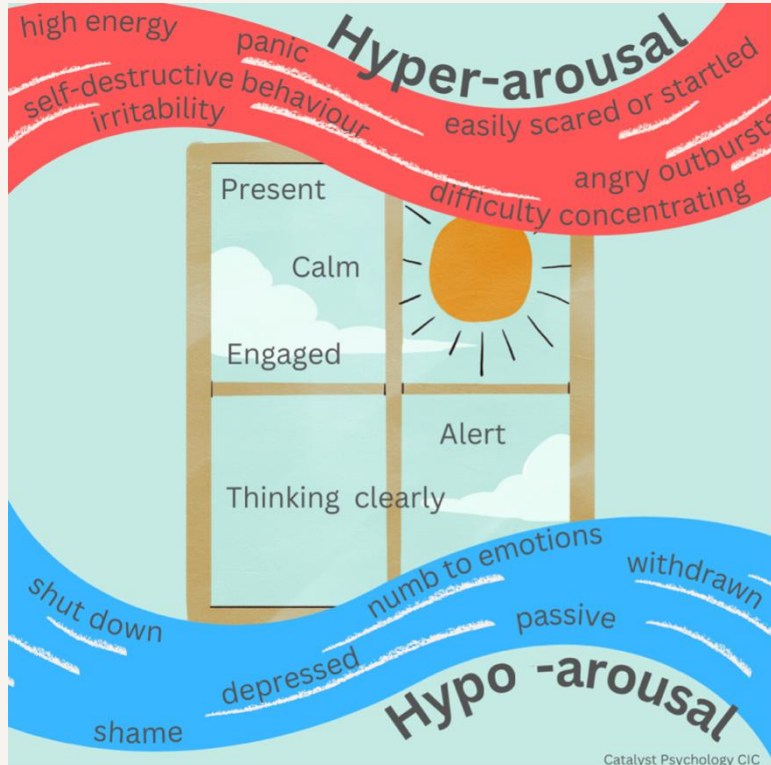
A Normal Response to Abnormal Events



A normal nervous system can have strong reactions to abnormal circumstances.



Window of Tolerance



SHRINK

Past Experiences
Repeated low-grade stress
One-time extreme stress

EXPAND

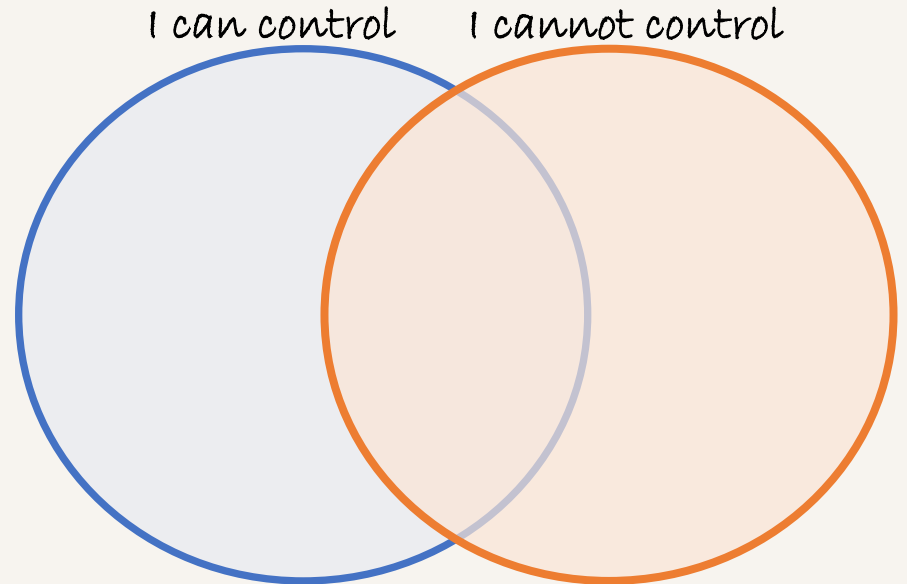
Awareness, practice
Nervous system regulation,
Emotional safety,

Mind Reactions

Important!!!
Setting boundary,
Limit exposure to news,
Healthy daily routine,
Seeking support and
connection.

*The brain tries to predict
danger and regain control.*

Control \neq **Safety**



Emotional Reactions

Situation	Name the EMOTION	What did you NEED?
Change to online schedule	Frustration	Predictability, assurance

Some helpful Questions:

What exactly was I feeling in that moment?

Can I name it more precisely (e.g., not just “bad,” but frustrated, hurt, anxious, rejected, overwhelmed)?

What did I actually need in that moment? (e.g., understanding, space, reassurance, clarity, support, rest)?



*Emotional stress response can be highly intense or completely numb.
NAMING the EMOTION reduces its load.*

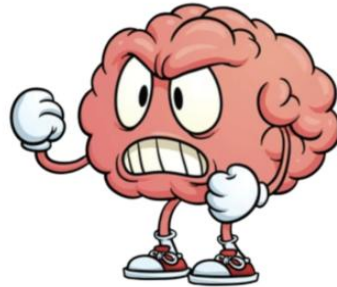
Body Reactions

**Safety is a
Feeling!**



“You cannot think yourself into safety.”
– Dr. Alex Howard

Fight



flight



FREEZE



The body may stay in survival mode even when there is no immediate threat in the room.

Finding Meaning in Uncertainty

"In rough seas
we learn to sail,
we find the light,
when dark prevails,
rebuild again
after the gale,
we try, we trip,
we fall, we fail,
we rise and live
to tell the tale."

Catherine Putton



Uncertainty is not only something to manage, it is also something we can **make meaning from**.

At the university you are not only an educator – but a role model for regulation, resilience and humanity.

This is **resourcefulness in action**.