



**"Today is the tomorrow we worried about yesterday."**  
– Anonymous

**WatchGlass  
Advisors, LLC**

*By isolating a single aspect of a broader situation and focusing on it, great progress can be made...*

## Riding the Waves of Uncertainty

by Rosanne Scriffignano, CRC, ACC

With today's economic uncertainty, it's sometimes difficult to remain optimistic and hopeful. Some people react to uncertainty by "hunkering down" and not taking action. Others view uncertainty as an opportunity—perhaps to try something new while focusing on the future with anticipation and hope.

Whenever I feel uncertain, I recall the story of how my maternal grandmother and great-grandmother immigrated to the United States. Among the more than twenty million souls who arrived at Ellis Island between 1892 and 1924, these courageous women faced both economic and personal uncertainty.

What makes their immigration story unique is that they almost didn't complete their intended journey. Mistakenly assuming that their sponsors couldn't support them, the immigration authorities denied their first attempt to become U.S. citizens. They had no choice but to return to Italy. Eventually, they mustered enough courage to make the sea voyage again, believing that at journey's end, they would rest in the arms of loved-ones. Thankfully, they successfully completed the second journey, living their remaining years as proud U.S. citizens.

So how does this story relate to modern times? Perhaps you're facing uncertainty at work or in your family life. If you're feeling uneasy about being able to support your family or care for loved ones, it's natural to sometimes feel hopeless or afraid. Not knowing what the future will hold can cause anxiety and stress. To help alleviate your emotional reactions to uncertainty consider the following strategies:

- **Acknowledge the Uncertainty**—It may help to share your concerns with a trusted family member or friend. As worrisome thoughts come into your head, acknowledge them but don't let them dominate your thoughts and actions.
- **Take Control of Your Outlook**—If negative emotions are preventing you from taking action, first identify why you're experiencing those feelings. Then, develop techniques to take control of your outlook. For example, you could recall a happy memory or take deep breaths to re-center yourself. Exercise also releases endorphins that naturally help to make you feel more relaxed.

Uncertainty can cause people to become emotionally paralyzed, afraid of making decisions and taking action. If this happens to you, consider the advice of Norman Vincent Peale: "Action is a great restorer and builder of confidence. Inaction is not only the result, but the cause, of fear. Perhaps the action you take will be successful; perhaps different action or adjustments will have to follow. But any action is better than no action at all."

To learn more about reaching your business, career, and retirement goals, visit:  
[www.WatchGlassAdvisors.com](http://www.WatchGlassAdvisors.com)