EXPERT OPINION

Learning the art of unplanning

By Ashna Dhanuka | June 19, 2021

The pandemic has led to a lot of uncertainty. At this point, it is important to embrace the art of unplanning and instead control something that we can -- Our Mind.

We have all been taught to plan every step in life, from today to our future, but look where life has got us. Life at this point is filled with uncertainty, worries of the future, and a lot more of day-to-day stress.

But at this point in our lives, we should learn to embrace the art of unplanning and control something that we can -- "Our Mind".

Mindset is key to coping with difficult circumstances and facing the unknown with utmost confidence, belief, and faith in ourselves.

It is important to know that we are not alone. Fear and stress of the unplanned situations can leave most of us to feel helpless, stressed, and sad.

Now, it is important for us to know that no matter how helpless and hopeless we feel, there are steps we can take to improve our tolerance to deal with uncontrollable scenarios in life, lighten our anxiety, and face the unknown with more comfort.

Learning to cope with uncertainty

The pandemic has taught us that life can change unpredictably. Things must be fine today but there is definitely no prediction of how tomorrow will be, and to cope with this, we use worrying and stressing as a tool.

This can make you feel like you have control over things but it's the complete opposite. Worrying and stressing can only make things worse in your head. All this steals away your joy in the present, drains all your energy, and keeps you up at night.

But there are healthier ways to cope with uncertainty — and that begins with adjusting your mindset. Instead of planning and stressing over future events, it's time we decide to live fiercely and tackle everything that comes our way with positivity.

All of us should learn how to protect our positive mindset, which will not only serve in these difficult times but also help for the rest of our lives.

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