



## Managing Uncertainty

### Create a Daily Routine

Rhythm and routine create structure. For those of us who tend towards anxiety we have less to think about and fewer decisions to make. For those of us who tend towards inertia and inaction we have something to move towards.

FOR THOSE OF YOU WHOSE ROUTINE IS DISRUPTED BY EVACUATION- where can you hold on to routine? Can you create a new rhythm in your temporary home? This is particularly important for families where uncertain schedules and bedtimes can create fatigue and emotional stress for everyone. Aim for bedtime before 10am, arise by 6:30am, eat at regular times so your body knows it can trust you.

### Nourish and Hydrate

Staying hydrated is critical for energy and to keep you balanced. Minimize caffeine intake as much as possible and opt for iced sugar-free fruit teas at the coffee shop. If you are looking for "fast food" try stores like Nature's Fare where they have nourishing Buddha Bowls and Chopped Leaf where you can ensure your veggie access is a given.

### Get into Your Feet.

Walking in the grass is the most practical way to get grounded- a real boon for those of us who get anxious. Being in nature lets us soak up the biochemical shifts that the trees and plants create in our physiology. In our current smoky atmosphere we need to mimic the grounding effect of being outside- massage your feet, either dry or with coconut oil and some drops of lavender, before nodding off to sleep at night or any time in the day when you are feeling anxious.

### Protect Your Senses

Make the first few minutes of the day quiet and nourishing. Listen to updates at regular intervals but not continuously. Listening to anxiety provoking stories before bedtime can layer on stress- fill the sound space instead with music that inspires or lifts you. Sleep time? Use earplugs or an eye mask.

### Meditate + Give Thanks

Gratitude practices have been shown to increase happiness, and in times of uncertainty they become even more valuable. Each morning write 3 things that you are grateful for in a gratitude journal. Before your day is done, reflect on what went well and your ah-ha moments of learning. Give thanks. If you worry at night, write down any next actions for tomorrow or worries that you need to release. Give yourself time during the day too- listen to a meditation online or do a little mindful eating practice with chocolate (or a gummy bear!) to shift yourself into spaciousness. Directions: place in mouth, eat SLOWLY.

For more information contact Marcia at [marcia@youryogaloft.com](mailto:marcia@youryogaloft.com)

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