

Matt Hayden

TRANSFORMATION COACH



Resilience in uncertain times

Practical ways to stay grounded when life feels unpredictable

Why this guide exists

Uncertainty is part of life — but that doesn't make it easy. Change at work, financial stress, family shifts, or even global events can leave us feeling shaky and unsettled.

Resilience doesn't mean pretending everything is fine. It means finding ways to stay grounded, flexible, and connected — so you can keep moving forward, even when the path isn't clear.

💡 *Resilience is less about bouncing back, and more about finding steadiness while you adapt.*

You don't need to do everything in this guide. Even one reflection or one habit can begin to steady you.

Anchor yourself in what matters

When everything around you feels uncertain, values and routines become anchors.

Prompts:

- Which of my values feel most important to hold onto right now?
- What small daily ritual helps me feel steady (e.g. morning walk, journaling, prayer, coffee in silence)?
- What's one anchor I can return to on tough days?

📅 Reflection space:

💡 *When I was in the Navy, unpredictability was constant. Having a simple ritual — checking my gear the same way each shift — gave me something steady when nothing else felt steady.*

Once you've found an anchor, the next step is to look at how you frame uncertainty itself.

Reframe uncertainty as information

Uncertainty often feels like threat. But it can also be a signal that something new is possible.

Prompts:

- What am I learning about myself in this uncertain time?
- Where might this change be pointing me that I haven't considered?
- If I looked at this situation as data, not danger, what would I see?

📖 Reflection space:

💡 *In corporate change projects, uncertainty was constant. At first, I resisted it. Over time, I realised uncertainty was often a sign that growth was possible — if I slowed down enough to see it.*

With a fresh perspective, the next step is to strengthen the people and practices you lean on.

Strengthen your supports

Resilience isn't built alone. The people and practices we lean on make us stronger.

Prompts:

- Who are the three people I can reach out to for support or encouragement?
- What community or group reminds me I'm not alone?
- What practice restores my energy (exercise, nature, creative outlet)?

📖 Reflection space:

💡 *As a parent, I've learned resilience often comes from connection. On hard days, leaning on a small circle of support — even just a short conversation — made the difference between coping and crumbling.*

Finally, resilience is reinforced through daily habits, even small ones.

Daily resilience habits

Small habits compound. Even one steadying practice can shift how you face uncertainty.

Options to try:

- Gratitude practice: write down 3 small things you're thankful for each day.
- Movement: 10 minutes of walking, stretching, or exercise.
- Boundaries: limit news or social media time.
- Reflection: journal one thing you learned about yourself today.

 Reflection space:

Which one habit will I try this week?

Closing

Uncertainty may always be part of life. But resilience means you don't have to be swept away by it. Anchors, reframes, supports, and small habits can help you stay steady while you adapt.

 *If this guide gave you a starting point, imagine what could open up in a coaching conversation — space to ground yourself, explore possibilities, and grow through change.*