

Diet vs Disease Module 7 Mindset Is The Key

Intolerance of Uncertainty Transcript

0:01 Thanks for joining me today as we talk about intolerance of uncertainty, which is just a really fancy way of talking about our worries.

0:09 I'm Julie Gold, I'm one of the mindset coaches here at Diet versus Disease, and today we're going to talk about changing our relationship with worry.

0:18 So why do we worry in the first place? Humans worry because life is not certain, right? None of us know a hundred percent sure for sure what's going to happen next.

0:29 And there are some people who are fine with uncertainty. These are the people who just kind of roll with the punches and nothing seems to fluster them.

0:37 And then there are people who find uncertainty incredibly unpleasant. And so that's viewed as having an intolerance of uncertainty. And when we find uncertainty unpleasant, it's really normal and natural to want to avoid or control unwanted situations.

0:54 And the way that we do that is we worry, we worry so that we feel like we have more control.

1:01 Unfortunately, worry often increases uncertainty, and by chaining together, worries become, can become magnified. So how do we manage worries? Well, the way most of us approach this is we either avoid or try and stick to known routines and habits.

1:23 And the motivation behind that is to feel more comfortable and safer. So that's what we want to happen. The unintended consequences is generally what happens.

1:33 And when you avoid situations, when you stick to only things you know, you feel less confident, you're less able to try new things in the future with less practice means that there's more anxiety the next time you're presented with a new situation and you miss out on really amazing fun things in life when we avoid them.

1:57 So while we want to feel more comfortable and safe avoidance and sticking to routines just wants you to, to avoid things more, which makes uncertainty worse, and then you start the cycle all over again.

2:15 The other approach is we worry, we think ahead, right? I think of this as like disaster planning. And the attending consequence is to be prepared for any possibility, right?

2:27 If I'm prepared for any possibility, I can prevent any bad outcomes that might happen. But since we can't control life and we can't control the things outside of, of our control we end up chaining these worries together and then they branch off into these very complex possibilities of things that will likely never happen, but we end up worrying about them.

2:53 And then by focusing on all of the possible bad outcomes, we just increase our own Anxiety. And so by worrying and thinking ahead and doing that like disaster planning, we just end up worrying more.

3:08 So if these approaches don't work, what are some approaches that can work? The first one sounds really simple and I appreciate that in practice it is really hard.

3:18 And the first one is to accept that uncertainty is part of life. The beauty of acceptance around uncertainty is that once you accept that you can't control things, you no longer have the responsibility or feeling the responsibility to control things, you can kind of stop the fight.

3:39 Embracing uncertainty, facing your fears, right? We've all heard that phrase before, helps build your confidence, it helps build your muscle.

3:49 And you don't have to jump in the deep end and face your greatest fear right out of the gate. Choose something small, build from that.

3:58 And then another approach is, is to really rethink how you view uncertainty. We know that it is part of life, and in truth, it's kind of a great part of life because it means that we don't know the end of our story.

4:19 Life would be pretty boring if we knew exactly minute to minute what was going to happen. And so, uncertainty brings a great deal of positivity.

4:28 And so being able to tap into that rather than the fears we have can really help to shift that relationship with worry.

4:38 So as we're working to embrace uncertainty, it's really important to be mindful of kind of your default thinking. And so, if you are faced with an ambiguous or novel or unpredictable situation, say someone invites you to go to lunch at a new restaurant that you've never been to before, do you immediately go into seeking certainty, things you can control planning, maybe thinking of ways to avoid the lunch date.

5:10 Checking, kind of really diving into those behaviors around intolerance of uncertainty. Or do you embrace uncertainty and, and welcome this new experience, be curious and open and willing to tolerate some dis some discomfort.

5:32 If you notice you're in the first camp, the thing to do is, is to really intentionally start to shift your thinking, to embrace the uncertainty.

5:45 So how do you do that, right? So, to build this muscle, there's lots of ways to do it. The first is, is around that mindset piece, which is knowing That taking small risks and challenging yourself is good for you.

6:03 You can handle hard things. You've done it in the past and you will do it in the future. Make trying new things a regular part of your life, right?

6:12 Like maybe every day you try something new. And it doesn't have to be anything crazy and dramatic. It could be trying a different hairstyle, doing your makeup differently, sitting in a different place for lunch, listening to a different podcast.

6:27 Just something that is outside of your routine. It builds your confidence; it builds your confidence in your capacity to handle new and uncertain situations.

6:40 This is a practice, this is a new skill that you are working on learning, which means you will have to practice it.

6:47 And so taking small steps, allowing yourself to be the beginner is really important, right? We all have to learn how to crawl before we can walk and maintaining a curious and, and open approach, right?

7:02 Like think of risks and new situations as experiments. What can you learn? What was exciting and, and new about this thing?

7:16 What does the experience do for your confidence? So now I'm going to hand it over to you. It's, it's your turn to take action.

7:27 So if you're one of those people who spends too much time worrying about things and those worries are getting in the way of you living the life that you want to live, it's time to change your relationship with worry.

7:42 So you can take some of the tips from this video. We also have a worksheet that you can access below this video.

7:50 And please feel free to fill it out as frequently as you would like. And I look forward to hearing about how you are shifting your relationship with worry.

7:59 Thanks for joining me today.