

BECOMING

How to deal with uncertainty

EDUCATIONAL MATERIAL



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IN THIS MODULE YOU WILL LEARN

What is decision making and how does it work

Strategies for dealing with uncertainty in life planning

Different points of view on decision making

How to gain information?

How to manage resources and expectations?

What does not kill us makes us stronger?

WHAT IS DECISION MAKING AND HOW DOES IT WORK

- ▶ We have to take decisions every day. Do you know how it works?
 1. Try to get as much information as you can get- evaluate the situation in detail.
 2. Create a constructive environment- don t be emotional, try to hide wishes and fears.
 3. Think about good alternatives.
 4. Explore options you have.
 5. Select the best solution.
 6. Make and evaluate your plan.



STRATEGIES OF DEALING WITH UNCERTAINTY IN LIFE PLANNING

Three main strategies to deal with uncertainty

Resilience: Resilience is the ability to overcome emotional and mental stress without developing lasting psychological disorders or stress-related illnesses (e.g. depression).

Antifragility: is a set of systems in which they increase in capability to thrive as a result of stressors, shocks, volatility, noise, mistakes, faults, attacks, or failures. It differs from concepts like resilience (recovering from failures) or robustness (avoiding mistakes).

Robustness: is the quality of being strong, healthy, or unlikely to break or fail. It is about avoiding mistakes and don't be harmed by failures.



STRATEGIES OF DEALING WITH UNCERTAINTY IN LIFE PLANNING

Resilience

The principles are:

- The acceptance of the current state
- Optimism in handling failures
- Finding solutions for a problem
- Overcome the victim's role
- Take responsibility
- Plan the future

Robustness

Robustness Principle by Jonathan Postel:

Be conservative in what you do, and be liberal in what you accept from others.

- Robustness encourages empathy
- Helps you to overcome self-doubts
- Supports self-improvement by considering how my decisions and actions would affect others around me.

Antifragility

It is a set of systems in which you increase the capability to thrive as a result of stressors, shocks, volatility, noise, mistakes, faults, attacks, or failures.

It considers life and living skills like muscles which you have to train. Only by training you become strong and avoid injuries as well you improve your fitness to handle physical and mental stress.

Makes you to take some controlled risks in your life planning

DIFFERENT POINTS OF VIEW ON DECISION MAKING

Our brain is thinking and making decisions in two speeds: slow and fast



Slow thinking

- ▶ You have to think slowly when you need to look up for more information or if the task is complex. (72548+ 66532=?)
- ▶ Slow thinking is responsible for making plans.
- ▶ Slow thinking can train your fast thinking process if patterns occur.

Fast thinking

- ▶ You think fast when you have to make decisions on routine tasks. (imagine 2+2=?)
- ▶ Fast thinking comes from intuitiveness; it is influenced by our experience but also emotions. But be careful it can mislead you: the domination of obvious signals and the lack of information can make you to be mistaken. (The „halo effect“)

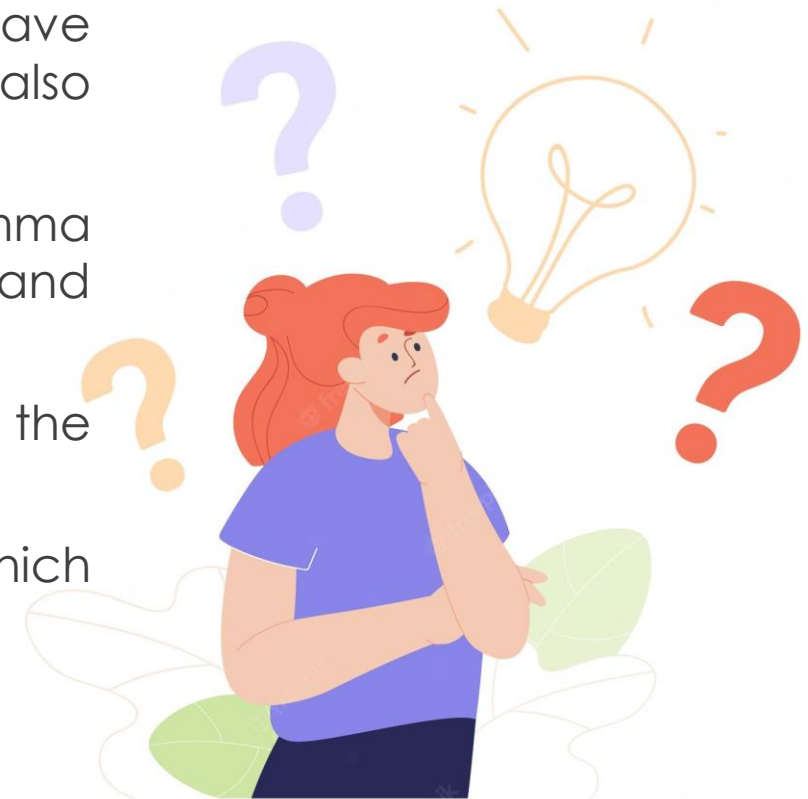
HOW TO GAIN INFORMATION

- ▶ Information is always asymmetric (some have more information than you have)- you have to overcome the asymmetry.
- ▶ You have several sources to get information: always identify and verify where they come from.
- ▶ Use as many as open sources you get: verified internet resources are a good start. Double check is a good way to avoid misinformation.
- ▶ Ask specialists.
- ▶ Be empathic: Personal talks and responses give you additional information and overcome the information gap.
- ▶ Sharing information can lead to receiving another one in Exchange.



HOW TO MANAGE RESOURCES AND EXPECTATIONS?

- ▶ When you do a plan always think of what resources you have and what are your expectations- not only your own but also what others expect from you.
- ▶ When planning your resources - you have the same dilemma as Robinson Crusoe: you are limited in time, strength, and food... try to make a plan for how to deal with these limits.
- ▶ Also think about expectations towards yourself and the expectations of others; friends, family, and colleagues.
- ▶ You have to match all of them to avoid a mismatch, which could lead the psychological problems like burnout



WHAT DOES NOT KILL US MAKES US STRONGER?

- ▶ Did you ever thought of training in a gym? What did stop you from doing this?
- ▶ Dealing with uncertainty is always fearing some discomfort - you see the objective but the way is long. Think you are a long-distance runner. Only training in mental and physical health will shape you to master challenges.
- ▶ Start from a basis and then increase the sensitivity.
- ▶ But always remember: after some time, take a break to recover. This is important for your mental and physical health.



WHAT TO TAKE FROM THIS LESSON

- ▶ When thinking: don't trust your feelings - think slow - fast thinking can lead to miscalculations.
- ▶ Most important is to handle the information you need. Listen to people and be empathic- this gives you direct access to other people's minds.
- ▶ Train your slow thinking. Always mistrust your first intuition when making fast decisions, especially when it comes to more complex decisions. Train your slow thinking- it will help you to make better decisions even when you are fast thinking.
- ▶ Check your resources.
- ▶ Take calculated risks in the long and short run.
- ▶ When you make a plan: always think of a plan B or plan C. They do not necessarily have to bring you to the same goal, but they should beware you from stagnation and total failure.

You just completed this training unit.

Congratulations!



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