“Uncertainty is the only certainty there is and learning to live with insecurity is the only security.”

~~ John Allen Paulos

Uncertainty is the talk of the town these days. We are all wondering what the future will hold – for the economy, for our careers, for our lives, and the lives of those we love.

The volatile economy has focused our attention on financial uncertainty and highlighted its impact on many areas of our lives. Pessimistic “what if…” thoughts are shooting down big dreams like some sort of video game and optimism is going out of style faster than last year’s fashions. But uncertainty in life has always been with us – and it does not always mean misfortune.

Consider the surprise joys in your life – the unexpected friendships you have made, the challenges you never thought you would overcome, and the changes that proved the most beneficial.

Uncertainty’s random treasure and trauma weaves a life of unique experiences for each of us. It consistently delivers the unpredicted, but promises learning each time.

Optima EAP is available to provide assistance when one is faced with challenges in home or work life. Please call to schedule a confidential appointment with one of our licensed clinical professionals. 1-800-899-8174 or 757-363-6777

Visit our EAP Web site at [http://www.jlab.org/hr/sentaraeap.html](http://www.jlab.org/hr/sentaraeap.html) for additional topics & info.