

# **Living in Limbo**

**Living in unprecedented times**



# **What does living in limbo mean?**

**Limbo can be referred to describe a temporary state or a lack of movement either forward or backward. There is no rhythm to life right now, rhythm is off beat from the familiar.**

## **What does living in limbo look like?**

- Questioning your life plan.**
- You don't know what to expect and it makes it difficult to plan**
- There's a consistent theme of "waiting"**
- Limbo can also look like unfulfillment, depression, frustration, isolation and anxiety.**

**Anxiety is a product of fight, flight, or freeze response. These can look different to many people. Staying too long in this state can lead to depression. Uncertainty about the future and anxiety don't mix well.**

**Here are some examples of what each of these responses look like.**

**Fight: screaming, crying, clinched fists, anger, rage, staring, glaring, angry tone.**

**Flight: nervous, anxious, fidgety, need to move, restless, excessive exercise, get away.**

**Freeze: feeling stuck, frozen, numb, indecisiveness, restricted breathing, sense of heaviness.**

## **Here are some tips to help you step towards change:**

- **Gather info and replace fear with knowledge.**
- **Talk about your fears with someone, such as family, a friend, or a counselor.**
- **Practice positive self-talk.**
- **Keep your mind on the small things so that you do not get overwhelmed and recognize the small things that you can change.**
- **Accept the changes and look for new opportunities.**
- **Plan your next steps by goal setting.**



**Be prepared for changes that  
might come. Limbo is a temporary  
state, use the time wisely for  
*reflection, revaluation and  
renewal.***

**Thank you for your time!**