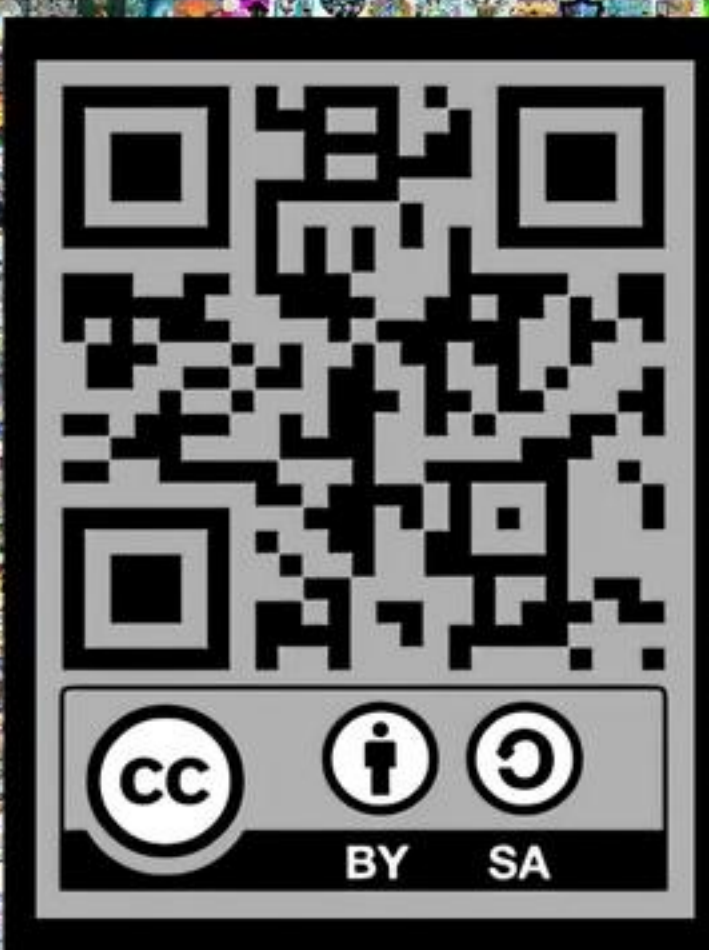
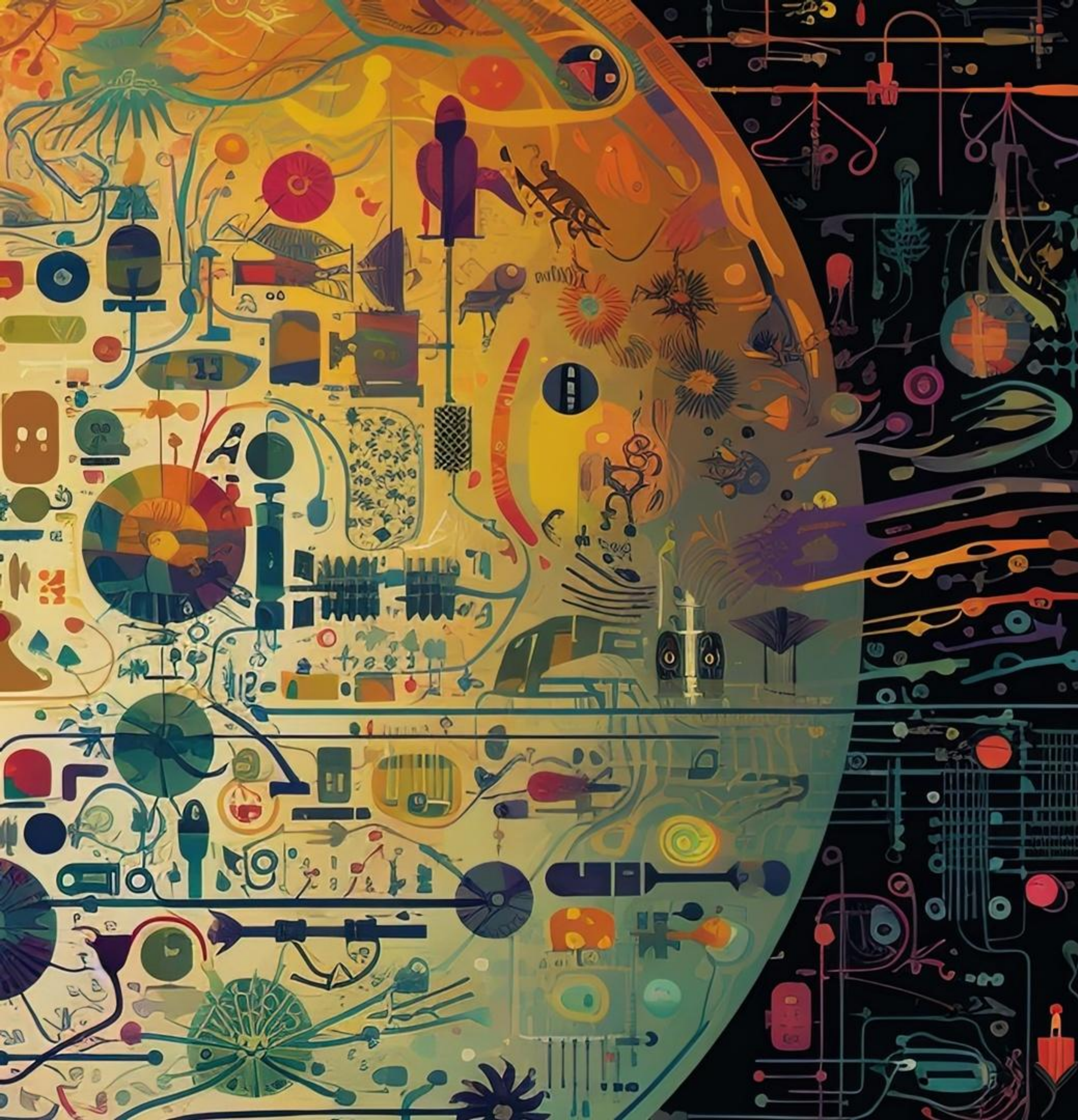


SCHOLARLY STANZAS





Anxiety-uncertainty Management Theory

Anxiety-Uncertainty Management Theory (AUM) is a framework that explains how individuals manage and react to uncertainty and anxiety in intercultural communication. The theory suggests that people experience both anxiety and uncertainty when they encounter unfamiliar cultures, and that their reactions to these emotions can influence how effectively they communicate and adapt to the new cultural environment. AUM identifies different strategies that individuals use to manage their anxiety and uncertainty, such as seeking information or social support, and it emphasizes the importance of understanding cultural differences in communication to minimize misunderstandings and maximize successful intercultural interactions.



Intro

It's a feeling hard to ignore
Makes you anxious, uncertain to the core
You may not know what it's called
But everyone's felt it, one and all



Verse 1

Heart racing, palms sweating
What will the future hold in setting?
It's a scary unknown
Makes you wanna curl up and groan



Verse 2

The present feels like a mess
Don't know what steps to address
The thoughts swirl in your head
All you want to do is crawl back to bed



Chorus 1

Take a deep breath, don't give in
You can beat this with the right spin
Anxiety and uncertainty may be tough
But you're strong enough, that's enough



Verse 3

The situation is out of your hands
Don't know how the future stands
Feelings of doubt and worry linger
Can't shake off the thought of failure's finger



Verse 4

The path ahead seems unclear
What's next, what do we fear?
The future feels too distant, too far
Anxiety and uncertainty, like a heavy scar



Chorus 2

Take a deep breath, don't give in
You can beat this with the right spin
Anxiety and uncertainty may be tough
But hope springs eternal, that's enough



Verse 5

The mind races, thoughts collide
Insecurity never seems to subside
Can't seem to calm the nerves
Feel like you don't have the reserves



Verse 6

The unknown lurks, waiting to pounce
Anxiety and uncertainty, stains like a douse
But we must persevere, push on ahead
Find the strength, don't be misled



Chorus 3

Take a deep breath, don't give in
You can beat this with the right spin
Anxiety and uncertainty may be tough
But keep moving forward and that's enough



Outro

The road ahead may be unclear
But persevere, for what's dear
We'll manage anxiety and uncertainty
With the right mindset and positivity.