

Effectively Managing Change

When you're dealing with a change, whether self-initiated or outside of your control, it can feel stressful and overwhelming. Emotional and physical responses such as increased anxiety, sleep disruption, diet disturbance, and other health concerns may be experienced. To help manage the negative effects of change consider the following.



- ✦ Focus on what is in your control. Excessive worrying about what could happen can waste valuable time and energy. Keep your attention on actions you can take to improve your situation and let go of anything that is beyond your influence.
- ✦ View change as an opportunity for growth. Often negative perceived changes provide new avenues to learn more about yourself and build resilience. Choose to make the most of the options available while staying positive and looking for opportunities to develop new skills.
- ✦ Strengthen your support system. Develop and nurture relationships with friends and family members who are encouraging and supportive. If you are feeling isolated, look for opportunities to talk with people who share common interests.
- ✦ Maintain your health practices. Change may make it hard to keep up with proper health habits, and can increase your susceptibility to illness. Make an extra effort to stay on your fitness routine, eat a healthy diet, and get at least 7 hours of sleep nightly.
- ✦ Take mindful timeouts. Set aside some time throughout the day and week to spend with family, enjoy a favorite hobby, or engage in a relaxing activity. These timeouts can make all the difference.