

COPING WITH BIG CHANGES



GETTING COMFORTABLE WITH CHANGE...

Coping with big changes can feel chaotic. Uncertainty can cause immense stress, and if left unmanaged fear of the unknown can start to loom over your daily life. Being comfortable with, coping with and welcoming change is important, as change is inevitable. Here are some methods to use when you feel as though it's time to restore some order amid big change.

1. Acknowledge that things are in fact changing. Whichever emotions are connected to this change, feel them fully with no distractions and no denial.
2. Keep up a normal schedule as much as possible. Keeping at least some things consistent (like what time you walk the dog) can provide an anchor that helps you feel as though some things are in fact the same and can give your mind a small rest.
3. Eat well and move. When all else is up in the air, taking control of your health can help ground you in many ways. You're in charge of your wellness routine and in turn, feeling your best through whatever life throws at you.

4. Know that it is okay to ask for help. Whether you're looking for childcare, in the middle of a career shift or kicking off retirement, seek support from your community. Chances are, someone would love to help by watching your children or giving you tips on starting that garden you've been thinking about.

5. Stay connected to your network. Old coworkers, family, and colleagues can provide a sense of belonging while giving you a chance to reconnect/stay connected with familiar faces.

6. Become proactive. Waiting until something happens to deal with it is reactive and can cause a great deal of stress and missed opportunities. Having general A and B plans that you are comfortable with can help you feel more confident when changes do happen.

7. Most importantly, give yourself a break. It's only a matter of time before any of these new developments *feel* comfortable.

