



EMPLOYEE SERIES

Tips for coping with change

-  **Acknowledge that things are changing.** Denial is a powerful force, and it protects us in many ways. However, stepping outside of it and saying to yourself, "Things are changing, and it is okay" can be less stressful than putting it off.
-  **Realize that even good change can cause stress.** Keep in mind that positive change can create stress just like not-so-positive change. Stress is just your body's way of reacting to change. It's okay to feel stressed even when something good has happened—in fact, it's normal.
-  **Keep up your regular schedule as much as possible.** The more change that is happening, the more important it is to stick to your regular schedule. Having some things that stay the same gives us an anchor. An anchor is a reminder that some things are still the same, and it gives your brain a little bit of a rest.
-  **Try to eat as healthily as possible.** When change happens, a lot of us tend to reach for carbs. This may be because eating carbs boosts serotonin—a brain chemical that may be somewhat depleted when you undergo change (stress). It's okay to soothe yourself with comfort foods in moderation. Also notice if you are experiencing an increased use of alcohol or other substances; your use can sneak up on you when you are under stress.
-  **Exercise.** Keeping up regular exercise could be a part of the "keep up your regular schedule" tip. Even just walking around the block can help you feel better.
-  **Seek support.** It is okay to ask for help; that's a sign that you know yourself well enough to realize you need some assistance.
-  **Write down the positives that have come from this change.** Change presents us with the opportunity to grow, and it's important to acknowledge how things have become better as a result.
-  **Get proactive.** Being proactive means taking charge and working preventatively. Being proactive means you make an appointment with your doctor for a physical because you know something stressful is coming up and you want to make sure you are in good health.



-  **Vent, but to a point.** Having a support group to whom you can vent can be helpful—to a point. If you and your support group are solely venting, that feeling of frustration can be contagious. Try gearing the conversation toward action: What can you do to make things better? When people brainstorm together, their creativity and hopefulness can be contagious as well.

-  **Back away from social media.** First, make sure you are in a calm state when you post—and keep in mind that whatever you post never really disappears. Step away from social media if you are starting to compare your life to others.

-  **And finally, give yourself a break.** In a time of change, you may feel like you are not living up to your expectations for yourself. Nothing says you have to function at 100 percent all the time. Make a point to incorporate more laughter and fun into your life.

Reference: <https://www.psychologytoday.com/au/blog/here-there-and-everywhere/201701/10-ways-cope-big-changes>

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