

Embracing Change: Tips for Moving Forward

Change is a constant part of life, but it's not always easy to handle. Whether big or small, adjusting to new circumstances can feel overwhelming. Here are some practical tips to help you stay grounded and navigate transitions with confidence.



Acknowledge the Change: Recognising that things are shifting is the first step. Saying, “Things are changing, and that’s okay,” can help you process the situation instead of avoiding it.

Stress is Normal, Even with Good Changes: Remember, positive changes can still bring stress. Your body reacts to all kinds of change, so it’s okay to feel a bit off—even when good things are happening.

Stick to Routines: When everything feels unsettled, keeping a regular schedule can ground you. Familiar habits act as anchors, providing stability in uncertain times.

Choose Nourishing Foods: It’s tempting to reach for comfort foods during stress, and that’s okay in moderation. But aim for balanced meals to support your well-being. Be mindful of increased use of alcohol or other substances, which can creep up during stressful times.

Stay Active: Even a short walk can boost your mood and reduce stress. Regular exercise can be a steady force when life feels unpredictable.

Lean on Your Support Network: Asking for help shows strength, not weakness. Whether it’s a friend, family member, or professional, connecting with others can lighten the load.

Focus on the Positives: Take a moment to list the good things this change has brought into your life. Growth often comes from challenges.

Be Proactive: Taking small, intentional steps—like scheduling a health check-up or setting priorities—can give you a sense of control and preparedness.

Vent Wisely: Sharing frustrations can help, but balance venting with action. Brainstorming solutions with others can spark creativity and hope.

Limit Social Media: If you’re feeling overwhelmed or comparing yourself to others, consider stepping away. Social media can amplify stress during change.

Give Yourself Grace: You don’t have to be perfect. Allow yourself time to adjust, and don’t forget to laugh and enjoy life’s lighter moments.

To book an appointment with one of our counsellors, call or scan the QR Code



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