

Embracing Change, One Step at a Time

Change is a natural part of life—but that doesn't mean it's easy. Whether expected or unexpected, big or small, change can stir up a mix of emotions. These simple tips can help you stay grounded and look after your wellbeing through times of transition.



Acknowledge what's happening: Change can be challenging, especially if we try to ignore it. Naming the change and reminding yourself that it's okay to feel unsettled can help reduce the stress of the unknown.

Recognise that even positive change can be stressful: 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.

Stick to your usual routine: When life feels unpredictable, your regular routine can be a helpful anchor. Maintaining everyday habits—like your morning coffee or evening walk—can provide a sense of stability.

Nourish your body: Stress can impact your eating habits. It's okay to reach for comfort foods now and then, but aim to eat a balanced diet where you can. Watch out for increased use of alcohol or other substances, which can sneak up during stressful times.

Keep moving: Regular physical activity—even a short walk—can do wonders for your mood and energy levels. Movement also helps regulate stress and improve sleep.

Reach out for support: Change can feel isolating, but you're not alone. Talk to a trusted friend, family member or counsellor. Reaching out is a strength, not a weakness.

Look for the positives: Change often brings new perspectives, opportunities or personal growth. Try jotting down a few good things that have come from your current situation, no matter how small.

Take proactive steps: Think ahead and take action where you can. Preparing in advance—like booking a health check or getting organised—can help you feel more in control.

Vent—but set limits: Talking things through is helpful, but endless venting can leave you feeling stuck. Try to shift conversations towards solutions and support each other in taking small steps forward.

Be mindful of social media: If scrolling leaves you feeling worse, it might be time to take a break. Comparison can be unhelpful—especially during periods of change.

Give yourself permission to pause: You don't need to be operating at full speed all the time. Be kind to yourself. Make space for rest, laughter, and the things that bring you joy.

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



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