

Strategies for Coping with Change

Navigating through change can be stressful. You might have that “go-to” strategy that helps you cope. Adding more strategies to your tool box helps ensure that you don’t overuse that “go-to” strategy. Here are some other strategies that can help you cope during change:

Ask Questions

Ask questions! The more knowledgeable you are about the change, the more comfortable you will feel.

Ask:

- Who is the change affecting?
- What is my role in the change?
- Why is this change happening?
- When is this change happening?

Change Your Mindset

Self-reflection will help change your mindset. Focus on the following:

- Examine your fears about change
- Identify what you can and can’t control
- Focus on the positives

Set Goals

Set goals to proactively combat any challenges that lie ahead.

- Identify challenges
- Create SMART goals
- Seek advice

Manage Stress

Improve your ability to handle stress by practicing the following techniques:

- Mindfulness (Balance)
- Meditation (Breathing exercises, Calm App, Spotify)
- Exercise

Be Kind To Yourself

Take care of your wellbeing as you navigate through the challenges with change. Practice the following techniques:

- Allow yourself to feel
- Practice positive self-talk
- Give yourself grace

Seek Support

It’s normal to feel stressed or overwhelmed when dealing with change. During this time it is important to seek support.

- Consider family or friends (Someone you trust)
- Identify your expectations (Do you want that person to listen or offer advice?)
- Stay connected

Comments From The Audience

- My go-to strategy is to let myself freak out, then force myself to calm down, then make a plan.
- **FEAR** is False Evidence Appearing Real.
- The only thing you can control is you in order to achieve your desired outcome.
- Kindness is key. Kindness to yourself and others.