



Managing Change

Accept what you can't change

Focus your energy and time in areas that you can change. Learning to let go of things you have no control over may lower your risk of stress related ill health.

See change as a new opportunity

By learning to embrace change you'll increase your levels of resilience and be better prepared for changes in the future. See how you can adapt to the change and look at the positives that it can bring.

Assess how you are doing

Write down what's happened and how it has impacted you. Recording your thoughts is a great way to work through your feelings. It's also a way of identifying healthy coping mechanisms.

Be patient

Spend some time slowly readjusting to whatever change has occurred in your life. You are in control of your response to change but you need to actively participate in the process. This might take a little time but the sooner you accept things have changed the easier things will become.

Don't be afraid to talk

We all deal with major changes in our life, but we don't have to do so alone. Talk to someone you trust and share your feelings with them. This unburdening process may help you to feel better and move on.