



## Coping with Change

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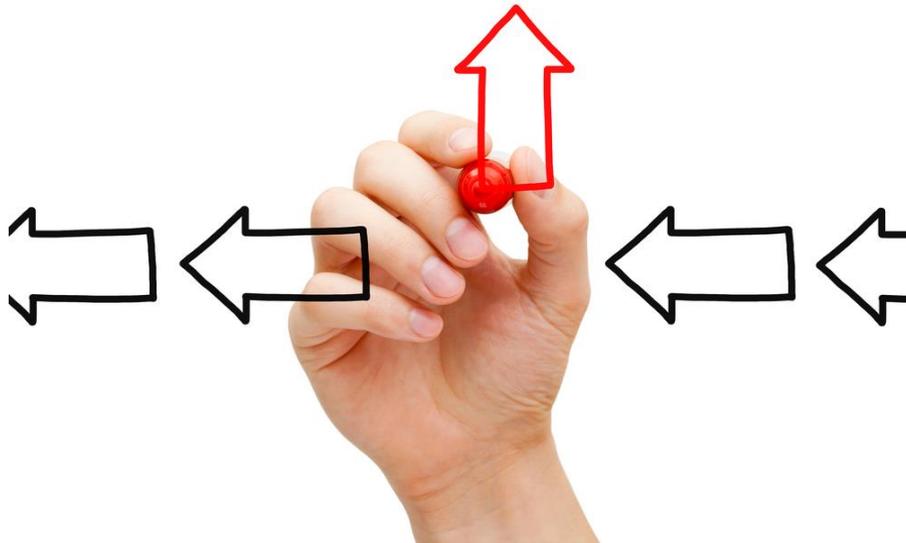
# Introduction

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Change is a fact of life. It always has been, yet with today's technology and communications, change seems to occur at an alarmingly more frequent pace.

**“Nothing endures but change.”**

**-Heraclitus**



Coping with change is never easy. Most of us resist it, because we are comfortable and secure in our world as we know it. And yet, if change is an inevitable reality of life (and it is), then we'd better be prepared to deal with change.

# Many Forms of Change

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Change can affect every aspect of our lives. It may take place at home, at work or in our social lives.

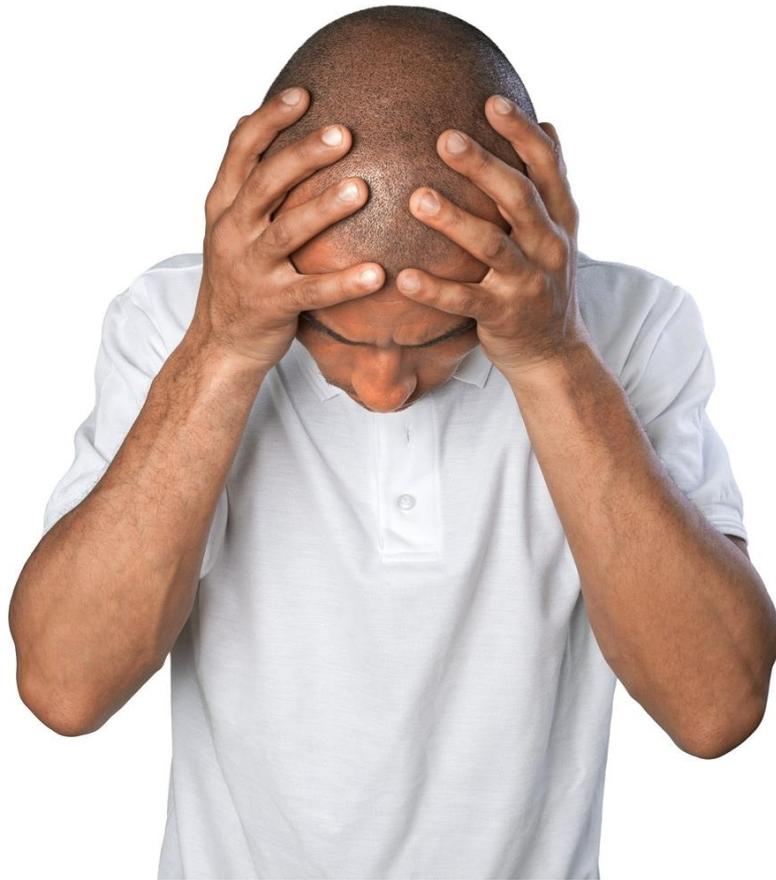
Change can be good or bad depending on the situation and the individual. For example, moving to a new home may be an exciting idea, but the actual move itself may cause stress. Similarly a promotion at work may generally be considered a good thing, yet a change in work responsibilities and learning a new role may present challenges.

We may seek out change in our life or we may resist it. Change may make our lives interesting in some situations and may overwhelming in others.



# Adjusting to Changes

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No matter what form it takes, change requires an adjustment. Adjustments take energy and making too many adjustments at once can deplete physical and mental energy.

Change can create stress, which not managed, can lead to physical and emotional disorders including headaches, digestive problems, and insomnia.

# Healthy Ways to Cope with Change

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What are some of the ways we can cope with change?

- 1. Recognize that change is a part of life.** Change will happen over and over. Imagine how boring life would be if nothing ever changed.
- 2. Anticipate change.** Be flexible and open to change which will lessen the surprise when change happens. When possible try to plan so that you do not take on too much change at once.
- 3. Manage your stress.** Learn techniques and exercises to help relax. Evaluate your emotional response to change to see if it's appropriate. Try to find humor in the situation. Reach out to family and friends for support.
- 4. Learn to enjoy change!**



# Building Resilience and Coping Skills for Life

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Some are naturally more resilient than others. Resilience and coping skills can be learned and practiced, making it easier to deal with future changes. The following are a few techniques that can help you build your resilience.

- 1. Build positive beliefs in your abilities.** Become more confident in your own ability to respond to change.
- 2. Develop a strong social network.** Having supportive friends and families can help you manage changes.
- 3. Embrace change.** Be flexible and adaptable and look for opportunities with change.
- 4. Take care of yourself.** Be sure to watch your diet and continue to exercise during times of change. Watch out for physical or emotional symptoms of stress.
- 5. Develop problem-solving skills.** By practicing ways to solve problems, you'll be better equipped to work through any problems that change may bring.
- 6. Establish goals.** Having goals can help you assess priorities during times of change.
- 7. Keep working on your skills.** It takes time and practice to build resilience. Don't become discouraged and continue to build on your strengths.

## Other Resources

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### **Deal with Change**

<http://m.wikihow.com/Deal-with-Change>

### **Manage Stress**

[http://www.heart.org/HEARTORG/HealthyLiving/StressManagement/Stress-Management\\_UCM\\_001082\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/StressManagement/Stress-Management_UCM_001082_SubHomePage.jsp)

### **Learning to Laugh**

<http://www.mayoclinic.org/healthy-living/stress-management/in-depth/stress-relief/art-20044456>



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