Self-Care During Times of Social Change

Emotions may run high during a time of social change. People may have strong feelings on both sides about changes to laws and how it impacts them personally. You may be:

- Talking more about current events
- Checking news sites for updates more frequently
- Feeling anxious about what these changes may mean on a personal level

Times of social change are often stressful. You may find that you are:

- Avoiding people who have opposing viewpoints or feeling tense around them
- Having arguments with friends or family members
- Feeling anxious or having physical symptoms, such as headaches, stomach aches, or difficulty sleeping

If you are struggling to manage your reactions, it’s important to:

- **Limit your media exposure.** Read or watch what is necessary to stay informed. Then, step away.
- **Understand that change rarely happens overnight.** If you are volunteering or protesting, set limits to maintain your health and wellbeing. Limit your donations to causes you care about to what you can realistically afford.

- **Practice self-care.** Eat right, exercise, and engage in activities that help you relax, such as meditation or spending time in nature.

In addition, social changes may become a topic of conversation at work or have a direct impact on your workplace. Regardless of your views, it’s important to behave appropriately toward others. These guidelines may be helpful:

- **Be respectful.** Realize that others may be experiencing strong emotions. Be sensitive to their feelings and stick to neutral topics of conversation.

- **Maintain appropriate workplace conduct.** Use appropriate workplace behavior and language. If you are struggling to rein in your emotions, change the subject or politely withdraw from the conversation.

- **Focus on work.** Remember that you and your colleagues need to work together as a team, regardless of personal views.

- **Remain neutral with customers.** Keep your personal opinions out of any exchanges and stay focused on the task at hand.

- **Follow policy.** If a change to a law impacts how you do your job, look to your manager for guidance.

For more suggestions on how to navigate a time of social change, contact LifeMatters. Practical resources and emotional support are available 24/7/365.