

Positive Ways to Manage Change

Whether you initiate a change or it happens due to outside forces, the process can be stressful. Even a change that seems positive, such as the arrival of a new baby or sending a child off to college, may leave you feeling unsettled or anxious.

Looking at change as an adventure is one way to make yourself more comfortable with life's twists and turns. Other ways to take an optimistic approach to change include:

- ▶ **Focus on what you can control.** When faced with a change, concentrate on the aspects that you can influence. Try not to fret about what's out of your hands.
- ▶ **Look at the benefits of change.** For everything you give up when a change happens, you get something in return. Examine the resources that are freed up as a result of change (such as time, money, or energy) and consider how you can use them to grow as a person or learn something new.
- ▶ **Solidify your support.** Nurture relationships with friends and family members who have a positive outlook. Becoming part of a group that can provide collective support (such as a church, club, support group, or professional organization) is also helpful. Feeling like others have your back will boost your confidence and resilience.



- ▶ **Connect with nature.** Spending time in the natural world may help you sort out your priorities and put worries in perspective. Try exercising outdoors — it's a great way to work through stress while improving your fitness.
- ▶ **Flex your change muscles.** If you feel stuck in a rut, small changes may help shake things up. Trying something new may increase your comfort with change and improve your ability to weather larger life upheavals.
- ▶ **Take care of yourself.** During times of change, it's important to eat right, exercise, get enough sleep, and practice good stress management.

If you are feeling anxious, depressed, or angry due to a change, consider seeking professional assistance. LifeMatters is available 24/7/365.


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