


Managing a Stressful Change

When you're dealing with a change, it's not unusual to feel stressed or overloaded. You may also have physical responses, such as sleep disruption, headaches, or gastrointestinal distress. If a change feels overwhelming, try these tips:

- ▶ **Focus on what you can control.** Spending your time worrying about what could happen wastes valuable energy. Keep your attention on actions you can take to improve your situation and let go of anything that is beyond your influence.
 - ▶ **Take stock.** Consider how your personal strengths and talents apply to your current situation. Look for opportunities to develop new skills.
 - ▶ **Strengthen your support system.** Nurture relationships with friends and family members who are supportive and encouraging. If you are feeling isolated, look for opportunities to talk with people who share common interests.
 - ▶ **Maintain your health.** Change may make it hard to sustain healthy eating and exercise habits and increase your susceptibility to illness. Make an extra effort to stay on your fitness routine, eat a healthy diet, and get 7-9 hours of sleep a night.
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- ▶ **Manage stress.** Time outside or in nature will help put your worries in perspective. Set aside time to spend with family, enjoy a favorite hobby, or engage in a relaxing activity.
 - ▶ **Look on the bright side.** Sometimes change is scary — that's part of what makes it an adventure! Ask yourself, "How will I grow as a result of this change?" Even negative changes offer opportunities to learn more about yourself and build resilience.

Viewing change as an opportunity will help you recover from setbacks and make the most of the options available to you. For more ideas on how to manage a stressful change, contact LifeMatters.

Source: The Staywell Company, LLC

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