

Navigating Change



It's been said that the only thing constant in life is change. People change, circumstances change, things change. Change can be small, big, subtle or sudden. Sometimes it's a breeze, other times it's a painful process. Change may be a choice we make, or it may be imposed on us. Change can be positive and an opportunity for growth. A new job, getting married, starting a family, moving house—these are examples of life changes we may experience. Some people view change as a positive challenge, others fret and agonize over the consequences of new situations. Few of us deal with change without feeling unruffled, so here are some tips to help deal with it more effectively.



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Slow down. Change involves a transition from one set of circumstances to another. Give yourself time to adjust and settle down. Look at each new event individually and approach it step by step.

Expect a reaction. Emotions will be stirred up. Let yourself laugh, cry or feel moody about it. Change often involves a degree of loss, so it's OK to grieve a little and feel nostalgic. Give yourself grace and permission to feel.

It is not personal. Change happens. That's life. It's got nothing to do with you. Don't obsess over who's to blame or why it happened. Stay away from should haves and could haves.

Go with the flow. Don't resist or be too rigid. Be flexible, ride out the storm, and see how things turn out.

Include others. Talk to your family and close friends. Share your problems with people you trust. Others may offer a different angle to the situation. Be open to new ideas and willing to listen to others.

Focus on the positive. If you keep looking at the bad side of things, you might miss the good. The glass is also half full, remember? Practice gratitude.

Break it up. A large problem will seem less insurmountable when divided into little ones. Work on them one at a time, and give yourself a pat on the back each time you overcome one. Do the littlest dish. Focus on one small activity at a time.

Learn from it. With new experiences, we grow wiser and stronger. Wisdom helps us make better decisions in the future.

Balance your life. It's important to have a personal life to fall back on to help you through tough times. Take time to be with your friends and family. Participate in activities that bring you joy.

Know that it will end. No matter how big or difficult, change comes to an end when the new circumstances are in place and become familiar. Normality will return. This too shall pass. Keep this in mind.

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