

Seven Tips for Dealing with Change

Dealing with change can sometimes be uncomfortable and stressful. Here are some things you can do to make coping with changes in your life a little easier.

Think things through and ask, “What’s the worst that can happen?”

We are often uncomfortable with change because we are afraid of the unknown. A good way to deal with the unknown is to think things through carefully. Imagine all of the different possible outcomes, and then decide what would be your best- and worst-case scenarios. Write them down, if it helps. Another great strategy is to think about the last time you were faced with a big change and got through it. Sometimes it is not as bad as it seems at first, and may just take a little time to get used to.

Ask yourself how much you can control

When a big change occurs, it is important to figure out how much control over the situation you really have. Understanding your role and how much you can change can help you put things in perspective. For example, if you are going to be working through a role transition, there are many small things you can do to make the process easier. Make a to-do list and check each item off when you complete it.

Accept and reframe

If the unwanted change is beyond your control, try taking a reflective approach. Accepting that there are things beyond your control, and choosing to be comfortable with that fact, is likely to bring greater peace of mind than waging an unwinnable war. View change as an opportunity to learn and grow, rather than as a setback, even if you have to fake it until you make it.

Celebrate the positives

Even though it can be a tough ask, focusing on the positives can really help you manage change. While the positive aspects of a situation might not be obvious to begin with, it is worth seeking them out – no matter how small they might be. Try to make the best of the situation.

Take action

If the unwanted change is within your control, take an active approach to dealing with it. Try some problem solving techniques, or set some goals to proactively address any challenges. Focusing on the problem at hand, developing a plan of action, and asking for advice are useful active strategies.

Manage your stress

Improving your ability to handle stress will go a long way to helping you deal with change. Try practicing mindfulness, meditation or engaging in other relaxation techniques.

Seek support

It is perfectly normal to feel overwhelmed if the change you are facing is really big, or there's too much change happening all at once. This is when it might be best to seek support. Consider asking friends or family for help or emotional support. Perhaps look at some options for getting professional help. There are always others in similar situations and professionals available to help.

In summary

Be mindful to avoid getting worked up over circumstances you cannot change or people you cannot change. Challenge yourself to control the way you respond to what is happening. We are in control of how we feel. That is where your power is.