

Coping with change



Coping with change can be difficult, especially when there are many people around you experiencing the same difficulties. Help yourself and your colleagues cope by following these simple steps for coping with change.

1. Keep loved ones close. Your loved ones are an important source of comfort at this time. Ask them to help you in whatever way you find most important.

2. Keep the mood positive. Whether at home or at work, try to focus on the positive. While this might be tough, it can help you and your colleagues feel less anxious.

3. Keep communicating. It's important to know what changes are happening and how they might affect you so keep talking to your line manager and colleagues to get as much information as possible.

4. Keep asking for help. Sometimes change can be hard to handle by yourself. Ask for help from loved ones or a counsellor if you feel you can't cope by yourself.

5. Keep eating well. Eating a healthy diet at this time is important to keep you healthy as the stress caused by change can damage your immune system.

6. Keep on exercising. Exercise relieves stress and can make you feel happy. Keep exercising to stay positive. Exercise can also help you sleep better which is important for stress management.

7. Keep writing down your feelings. Keeping a journal can help you to feel more aware of your feelings and can help you work through problems.

8. Keep on working. Regardless of the changes that may be occurring, keep working. It will keep you busy and this can help keep your mind off things.

9. Keep allowing yourself to feel. Don't deny the way that you feel. Be aware of your feelings so that you can deal with them thoughtfully.

10. Keep up your regular routine. Sticking to your regular routine can give you something to hold onto while things are changing around you.

Change is inevitable but you can control the way you deal with it. Follow these tips to make the most of change.