

Responding to Change

THE ONLY THING THAT IS CONSTANT IS CHANGE

HERACLITUS

The presence of unknown variables has the potential to disturb even the most grounded among us. Unwanted or unanticipated change may lead to feeling out of control and overwhelmed.

By fostering a responsive, rather than reactive approach to coping with change, teens and adults can learn how to achieve clarity while navigating the inevitable obstacles of life.

Below are some strategies that can help you cope with change.

Be kind to yourself

- *Some people respond better to uncertainty than others, so don't be hard on yourself if you are having a tougher time with it than someone else you know.*

Focus on your values and what matters most

- *When faced with change and uncertainty focus on what matters most, such as family, friends, and health. This can be a powerful protector against any uncomfortable or stressful emotions.*

Limit your exposure to news

- *Though it's important to be aware and up to date on news relevant to the change, it can also make you feel stressed or anxious to a point that is unhelpful. Try to limit your check-ins, particularly close to bed time.*

Access your support network

- *Many people are tempted to isolate themselves when they are stressed or worried. However, when we reach out to family, friends, neighbours and coworkers, we are better able to cope with transition, change and uncertainty, even if it is online and not face to face.*

View stress as a challenge

- *Many times we see stress as negative and a threat to our health and well being. We can maintain a positive stress mindset and see it as a challenge, something that gives us the energy and clarity to manage a situation.*
- *Change can help us see other perspectives, things we may have been missing. Out of crisis, often comes opportunity. Think about the positives that could come out of the change.*