

ADAPTING TO CHANGE

“Be the change that you wish to see in the world”
- Mahatma Gandhi

CHANGE CAN BE SCARY

- It is very common for people to perceive the word “**change**” as something to fear and often to resist.
- Change is often something that is more **gradual**, but COVID-19 came on quickly and changed our lives **very rapidly**.
- This change might have felt abrupt and not on our own terms. Therefore, it might have been very **disruptive** in our lives

4 STAGES OF REACTIONS TO CHANGE

- **Shock & disorientation**- Change can be confusing and make you feel uncertain.
- **Anger & other emotions**- Strong emotional reactions often occur with change such as anger, sadness and fear
- **Coming to term with the change**- Needing to move forward and finding a new normal.
- **Acceptance & moving forward**- Fully accepting the change and current circumstances

It is OKAY to go through these stages!

COPING SKILLS FOR DEALING WITH CHANGE

- Acknowledge that there is a change and **step outside of the denial**
- Keep up your **regular routine** as much as possible
- Seek support during times of change. **Ask for help when you need it!**
- **Choose to change your mindset:** there is power in choice! Especially when you feel you have had little choice.
- Find **meaning** in life through times of change
- **Let go** of any **regrets** you are holding onto
- Work on creating a balanced, healthy lifestyle as much as possible

What better time than now to
step out of your comfort zone
and step into your growth
zone...

References:

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<https://www.mindtools.com/pages/article/coping-with-change.htm>

