

## EMPLOYEE ASSISTANCE PROGRAM

# 5 TIPS TO COPE WITH CHANGE



Change happens and understanding how to adapt helps us to grow and learn from it. How we respond depends on past experiences and personality traits and the good news is that coping with change is a skill you can learn to manage it better.

**Practicing the following tips can help you build your ability to cope with change.**

1. Reframe how you view change. Whether a change is good or bad, ask yourself what lesson you might learn as a result of going through it.
2. Learn how to manage the stress that changes can cause. Practice relaxation techniques, meditate, or use other stress-reducing tactics.
3. Do not try to weather change alone. Talking and laughing with trusted friends and family about what you're going through will help. Don't keep feelings of stress, tension, and anxiety bottled up.
4. Try to limit changes that happen at the same time, if possible. If you are aware of upcoming events such as an office move or a wedding, do not plan other major events at the same time.
5. Take care of yourself during a time of change. Remember that regular exercise, a balanced diet, and adequate sleep helps you to manage changes – large and small – more effectively.

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