

Managing Change

We all face major changes in life, both as children and as adults – a move, a job or school change, a break-up or a good friend moving away. Changes involve stress and that is magnified if those changes were unexpected or unwanted. But dealing with change can build strength and afford new opportunities if we keep an open mind.

I. What are some of the ways these life changes are challenging?

- Feelings of loss of control, especially if change wasn't planned
- The uncertainty of what lies ahead
- Loss of connections and familiar routines and anxiety about rebuilding those

II. Effective ways to manage change

- 1) Talk through your feelings with a trusted friend (or a professional if you are really struggling)
- 2) Do an inventory of the opportunities that lie ahead
- 3) Think of times you have made successful changes in the past
- 4) Make a concrete plan for staying connected to important people in your current network