



# COPING WITH CHANGE

1

**ACKNOWLEDGE:** Acknowledge how you are feeling. If you ignore or suppress your feelings, you won't be open to taking action to modify your stressors.

2

**REFRAME:** Use techniques to reframe your experience. Instead of getting stuck in the mental or verbal gymnastics that reinforce how bad things are, think, share and write about what's going well, what you are grateful for, and ways you can show kindness to yourself and others.

3

**SELF-CARE:** Practice self-care such as meditation, being more mindful, moving your body in ways you enjoy, eating healthier, reaching out and connecting with people you love, and being proactive about your overall health. On the flip side, distance yourself (as appropriate) from people and things that keep you stuck in a negative mindset.

4

**Focus on things you CAN control** rather than the things you cannot. Make a list of things within your control and things that are not as a reminder and reference.

5

**Don't compare yourself to others.** We all have different stories and experiences, and we all move at our own pace.

6

**SEEK SUPPORT:** Don't be afraid to seek support from friends, family or from a professional. Take advantage of resources offered by from your employer such as your Employee Assistance Program.

7

**COMPASSION:** Show yourself compassion! Give yourself a break and acknowledge that you, and everyone else, is doing the best they can under difficult circumstances.

By practicing coping mechanisms, we learn to reframe our experiences in a more positive light. This allows us to be more present for ourselves, our family, friends and co-workers. Being consistent, yet flexible, we can better navigate change in our daily lives.