

# 7 TIPS FOR DEALING WITH CHANGE



Here are some handy hacks to help you deal with big (or little) changes in your life.

## 1 ASK: 'WHAT'S THE WORST THAT CAN HAPPEN?'

Fear of change stems from the fear of not knowing what comes next. Try asking, 'What's the worst possible outcome?' Once you know what you're up against, it's easier to move forward.

## 2 CONSIDER HOW MUCH YOU CAN CONTROL

Understanding how much (or how little) you can change a situation that's worrying you can help you put things in perspective.

## 3 ACCEPT AND REFRAME

Accepting unwanted change and choosing to be comfortable with it will give you greater peace of mind than digging your heels in and resisting it.

## 4 CELEBRATE THE POSITIVES

They say that change is as good as a holiday – and who doesn't love holidays?! Focusing on the positives can really help you to survive and thrive.

## 5 TAKE ACTION

If the unwanted change is something that's within your control, take an active approach and deal with it. Focusing on the problem, developing a plan of action, and asking for advice are useful active strategies.

## 6 MANAGE YOUR STRESS

If you can learn to stress less, then chances are you'll be better at accepting change. Try to practise mindfulness or meditation, or engage in other relaxation techniques.

## 7 REACH OUT FOR SUPPORT

When the battle with change gets too much, it's always best to seek support. Reach out to friends or family, or consider seeking professional help.

Read more here: [reachout.com/articles/7-tips-for-dealing-with-change](https://reachout.com/articles/7-tips-for-dealing-with-change)

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