

Times change,
people change,
situations change,
relationships change.
The only thing
constant is **change.**

How we adapt to change can actually have a very positive effect on our personal growth. We can choose to view change as an opportunity to broaden and deepen our personal experience; to strengthen our own resiliency and become more empathetic with others challenged with the same situation. Rather than being afraid of change or avoiding it, we can use difficult or challenging times to grow. Here are some tips I use to navigate through change, that I hope will be useful to you too.

Respond to what you can control. Rather than feeling victimized by the upheaval or challenge facing you, assess what you can manage and take charge of it. In the midst of what you can control, look for positive ways to react to find viable solutions.

Accept that change can be a challenge. Knowing change will be hard may comfort you when life feels tough. Expecting change will be difficult

gives you comfort because you can tell yourself, “This is natural. It’s supposed to be hard. It will get easier with time.”

Forgive yourself. Don’t let self-guilt get in the way! Know that change can zap your energy – and often your time – don’t expect to keep up with other areas of your life with the same energy you’ve been able to before.

Stay close to the familiar. Try to keep up with familiar routines. Change is stressful. So, surrounding yourself with friends who care about you, exercising, getting plenty of rest and eating right can help fortify you.

Don’t resist change. Even though your first reaction may be to run quickly in the other direction, ignore what is happening, or avoid others in the process, try to adjust your perspective to view change as an opportunity to grow. You may feel shock, denial, or even deep grief and despair. This is typical. And the process can be slow. But remember, the greater the change, the larger the opportunity for personal growth.

Ask for help. Some changes are simply harder than others. And there is no shame in asking for help. Suffering silently and alone will do you no good. And family, friends, and colleagues will be there for you! So, let them.

The old normal doesn’t exist anymore. And no matter how much we want it to, it will never return. So finding ways to embrace the “new normal” is by far the best option. (I’m still working on this one).

The road ahead may be bumpy. If you develop a “bigger picture” attitude to the change, it really is possible to learn and even grow from it. **If you want to share things that have helped you navigate, adjust and embrace the “new normal”, please let me know! I would love to hear what’s been working for you!**

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