Coping with Change
Personal Essentials

Best Care EAP Can Help!

For free, confidential support for you and your dependent family members, contact us today.

402-354-8000 | 800-801-4182
www.BestCareEAP.org
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Introduction

Change is rarely easy. Effective tactics for coping with change include:

- Anticipating change
- Keeping in mind the benefits of change
- Focusing on what you can control and letting go of what you can’t
- Managing the stress associated with change
- Taking care of your health
- Keeping an open mind
- Learning about the change
- Reaching out to others for emotional support
- Seeking professional help as you need it

Anticipating Change

Stay alert for signs of impending change. For example:

- A loved one’s failing health
- An announced restructuring at work
- A significant other’s pointed comments about things needing to be different, etc.

Take steps to avoid becoming rigid and afraid of new experiences:

- Keep making friends.
- Explore a variety of interests and activities.
- Accept new challenges at work.
Coping with Change

Reminding Oneself of the Benefits of Change

Change can:

- Bring exciting new opportunities
- Help you stay mentally and emotionally flexible
- Build self-confidence
- Give you a new perspective on life, others, and yourself
- Clarify what’s important to you
- Make you stronger

Focusing on What You Can Control

- Accept that you can’t change others, you can only change yourself.
- Don’t see the actions of others as a reflection of who you are or of your personal worth.
- Seek to empower yourself instead.

Managing the Stress Associated with Change

Retool Your Thinking by Understanding Change and Stress

- There’s always been change; there’ll always be change.
- Human beings excel at instigating change and adapting to it.
- Stress is an energy management system that provides the wherewithal for adaptation to change:
  - Physical energy
  - Mental focus

Practice Effective Stress Management

1. **Remember that Stress is a Gift**

   Stress is your natural physical and emotional reaction to perceived challenges. It’s your primary survival mechanism.

2. **Know What “Pushes Your Buttons”**

   Stress is your response to *perceived* challenges. Alter how you think about life’s challenges; alter your level of stress.
3. “Box Your Stress”

- When you’re feeling stressed, ask yourself:
  - Is it important?
  - Can I control it?
- Then use the physical energy and mental focus stress gives you to your best advantage:
  - Important and Controllable: Work it!
  - Important and Uncontrollable: Grieve!
  - Unimportant and controllable: Put it on the back burner for later!
  - Unimportant and uncontrollable: Don’t bother!

**Taking Care of Your Health**

Coping with change is physically and mentally demanding. Always take care of your SELF!

- **Sleep**: Sleep 7 to 9 hours per night.
- **Exercise**: Exercise a minimum of 20 minutes a day.
- **Leisure**: Get a hobby.
- **Food**: Eat fresh, whole food.

**Keeping an Open Mind**

The uncertainty of change breeds FEARs:

- False
- Expectations
- Appearing
- Real

Challenges these FEARs by asking yourself:

- What’s the worst that can happen?
- What’s the best that can happen?

**Learning about the Change**

- Do research on the Internet or at the library.
- Talk to friends, family members, and coworkers who’ve faced the same kind of change.
Reaching Out to Others for Emotional Support

Sharing specific concerns with someone you trust can help you:

- Dispel FEARs
- Clarify your priorities
- Refine your plans for moving head
- Bolster your self-confidence

Seeking Professional Help as You Need it

The stress that attends change can manifest itself in:

- Headaches
- Depression
- Anxiety
- Fatigue
- Overeating
- Loss of appetite
- Insomnia
- Mood swings
- Poor concentration
- Digestive problems
- Neck and backaches
- Dental problems (grinding teeth at night)
- Alcohol or drug abuse
- Eating disorders
- Heart trouble
- Sexual problems

If you keep having these symptoms, talk with your physician or your Best Care EAP counselor.

Additional Resources

- *Who Moved My Cheese?* by Spencer Johnson
- *Transitions* by William Bridges
- *Overwhelmed* by Nancy Schlossberg
Best Care Webinar Evaluation

Program Title: __________________________ Date: __________________________
Your Employer: __________________________ Facilitator: __________________________

Thank you for participating in today’s webinar. Please share your impressions below and then fax to Best Care EAP at (402) 354-8046 or scan and email to EAP@BestCareEAP.org.

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<th></th>
<th>Strongly Disagree</th>
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<td>1. The material covered in this program will benefit me personally and/or professionally.</td>
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<td>2. The facilitator was knowledgeable and effective and used clear examples.</td>
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<td>3. I plan to apply what I learned.</td>
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<td>4. Best Care EAP’s services and benefits were reviewed.</td>
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<td>5. I would recommend this training to coworkers/colleagues.</td>
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<td>8. If you would like to receive email updates about ongoing Best Care training opportunities, please give us your work email address:</td>
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