



## Coping with change

**Self-esteem is how we see and feel about ourselves. Many people will have low self-esteem at some point in their lives.**

### **Ask yourself, what's the worst that can happen?**

We're often scared by change due to a fear of the unknown. Think back to another big change in your life; starting high school, learning to drive, moving to a new house. At the time these things may have seemed incredibly scary, but it turned out ok in the end didn't it? If it helps, write down what you think the best- and worst-case scenarios are, think about how likely it is that each of these will occur. It's highly unlikely that the worst case will happen.

Often during times of stress, we overestimate the danger or risk involved with the change and underestimate our ability to deal with the changes.

### **Ask yourself how much you can control**

When a big change occurs, it's important to establish how much control you really have over the situation. Understanding your role and how much you can change can help you put things in perspective. Make a 'to do' list of the things that you can influence and check them off as you go.

### **Accept and reframe**

If the unwanted change is beyond your control, try taking a reflective approach. You may not be able to control the change, but you can change your perception of it and your reaction to it.

**We're here. Isle Listen.**



Accepting that there are things beyond your control is all part of building resilience and in the long run will bring you greater peace of mind. View the change as an opportunity to learn and grow.

### Celebrate the positives

Even though it can sometimes be a big ask, focusing on the positives of a situation can be extremely useful when it comes to managing change. While the positive aspects of a change may not be immediately apparent, it's worth seeking them out. (No matter how small they might be!)

### Take action

If the unwanted change is within your control, be proactive in dealing with it. Try some problem-solving techniques or set some goals to actively address the challenges. Focusing on the problem at hand, developing a plan of action and asking for advice are all useful strategies.

### Manage your stress

Improving your ability to handle stress will vastly improve your odds of effectively dealing with a change. Try practicing Mindfulness, Meditation or other relaxation techniques such as Progressive Muscle Relaxation.

### Seek support

It's perfectly normal to feel overwhelmed if you're facing a big change, or there's a lot of change happening at once. Consider asking friends and family for support, or don't be afraid to seek professional help if you think you might benefit from it. There are always other people dealing with the same situations and professionals available to help.

