



## Coping with a Stressful Change

Change is often stressful, even when it is happening for positive reasons. Many people may experience physical responses, such as sleep disruption, headaches, or gastrointestinal distress during a time of personal or professional upheaval.

If a change has you feeling overwhelmed, these tips may help:

- **Focus on what you can control.** Worrying about what could happen wastes valuable energy. Instead, concentrate on actions you can take to improve your situation. Let go of anything that is outside your influence.
- **Take stock.** Consider how your personal strengths and unique talents apply to your current situation. Look for opportunities to develop new skills.
- **Strengthen your support system.** Nurture relationships with friends and family members who are supportive and encouraging. If you are feeling isolated, look for opportunities to meet people who share common interests.
- **Maintain your health.** Change is sometimes disruptive to routines and could increase your susceptibility to illness. Prioritize healthy sleep, exercise, and eating habits.



- **Manage stress.** Spending time in nature is a great way to put your worries in perspective. Make time for hobbies, social relationships, mindfulness activities, and unstructured relaxation.
- **Acknowledge fear.** Change can be scary. Talking with a counselor or trusted friend may help you manage feelings of grief or apprehension.
- **Celebrate growth.** Change is an opportunity to learn more about yourself and build resilience. Look for ways to become more adaptable to changing circumstances.

If you are coping with change or uncertainty, LifeMatters can help. Call 24/7/365 for practical resources and emotional support.

## 1-800-367-7474

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Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

