DEALING WITH CHANGE

We are creatures of habits. Any disruption of those habits/daily activities causes anxiety. Why? Because we are afraid of loss or not being in control, and change alters our current reality. Usually, the change is out of our control. The good news is that you can deal with change in a positive manner.

The following are suggestions for the best practices of managing change:

- Understand there is a “Change Curve” (below). You will go through these stages – at your own pace. Do not make big decisions for the first few days. Let your emotions and thoughts settle down first.
- Seek counsel. Reach out to others who are going through similar changes. Rethink your perspective. Could this change bring opportunities that you haven’t thought about yet?
- Think outside the box. What are other options available? Brainstorm! Take care of yourself. Seek family and friends to support you during this time.

“Change can be frightening, and the temptation is often to resist it. However, change almost always provides opportunities — to learn new things, to rethink tired processes, and to improve the way we work.”

— Klaus Schwab

THIS WEEK’S CHALLENGE:
1. Write down your thoughts on the change – good and bad. Get them out of your brain and heart and on paper.
2. Trash the negative ideas from above. Explore the possibilities of positive thoughts.
3. Evaluate the level of change. Is this a terminal illness, or a change in work duties that you are not particularly happy about right now? (Put the change in perspective.)
4. Seek the counsel of someone who has experienced similar changes. Seek professional counseling, if needed.

KEEP ON LEARNING
- LinkedIn Learning: Embracing Unexpected Changing, Change Perspective.
- Success, 9 Ways to Deal with Change, by the Success Staff (about 3 to 5m)