Coping with Change: Healthy Tips for Coping with Change

Change is a natural part of life. Most of us are continually making adjustments that reflect our changing needs or interests—switching majors in school, moving to another city, or adjusting to a new job. Some changes are sudden and unexpected which can be a challenge to accept. This article series will help you find the best strategy for coping with change—whether planned, unexpected, difficult, or positive—and learn to focus on what you can control, while letting go of what you can't.

This is the third in a series of articles on coping with change, which also includes [Understanding the Stages of Change](#) and [Resilience in the Face of Change: How to Cope](#).

Healthy Tips for Coping with Change

Facing change can be difficult but, with the right attitude and support, you can find the positive in the change. Here are some tips on coping with change.

Embrace change. Take steps to avoid becoming rigid and afraid of new experiences. Throughout life, keep making friends, exploring a variety of interests and activities, and accepting new challenges at work.

Take extra care of yourself during times of change. If you're facing a big change, take extra care to eat a healthy diet, exercise regularly, get enough sleep, and limit your alcohol consumption. Learn and practice some relaxation techniques by taking a yoga class or following a guided meditation online. Take some breaks and make time to do something you find enjoyable with friends or family.

Be open to new experiences and make some time. Just because you haven't done something before doesn't mean you won't like it. And just because you've tried something once and it didn't turn out as well as expected, doesn't mean you'll have the same result next time.

"Accept the past, but fight for the future. Even though we are never free from change, we are always free to decide how we respond to it."
Nick Tasler, *Harvard Business Review*

e   **e f** Avoid taking on a big change before you've adjusted to another one, or trying to make too many smaller changes all at once. If you know that you're already experiencing stress, try to postpone making big decisions that will bring about change and, possibly, more stress.

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