

Coping with Change: Understanding the benefits of change

This is the first in a three-part series of articles on coping with change.

Understanding the benefits of change

Many people have negative reactions when they first hear that they'll be facing a big change. Some people cry or become angry. Others think "It isn't fair," "I'll never be able to handle this," or "I'm too old to learn a new way of doing things." It may help to remember that a change—even if you don't want it—can be beneficial.

Change can be rewarding because it...

Provides a chance to learn and grow. New experiences can bring greater knowledge and awareness if you allow them to.

Gives you a new perspective. Sometimes when you are forced to make choices and decisions, you realize what it is you really value.

Brings new opportunities. Change may be difficult but it may also bring about unexpected, new opportunities such as meeting new friends or developing new healthy habits.

Helps you stay flexible. It's easy to fall into a rut or become "set in your ways."