

# Coping with Change

Change can be challenging for all of us, particularly if that change is unwelcome and unexpected, such as having to change jobs, or facing redundancy. However, while there may be external factors that we cannot influence to any great degree, we can always work on our own attitudes and inner responses. Sometimes it is a case of seeing the glass as being half full as opposed to half empty, and often things do not turn out as badly as we feared.

In times of change it will be important to avoid being thrown totally off kilter; in other words – don't let the little things go, and keep up a normal routine as far as that is possible. Keeping an in-tact sense of self will be important; after all, it is factors external to us that have changed, not our inner-most being. We are still the same people we always were. Making a list of the things that will remain constant in your life can aid a sense of continuity.

Remind yourself of past times when you have successfully coped with change, and recognise that with a period of re-adjustment, you will adapt accordingly. Be kind to yourself, and self-nurturing, until you re-orientate your life and regain your bearings. As human beings we are remarkably resilient, and we just need to remind ourselves of this fact from time to time.

Sometimes change can bring about unexpected benefits. For example, a new job may bring out strengths and qualities in ourselves that we never realised we possessed. New opportunities may open up, such as training in different skills, and the chance to meet new people. Support from friends and family may be important as we re-align our lives. And *self-trust* that we will cope with whatever life throws at us will be paramount. Remind yourself of all your positive, enduring qualities, from which nothing can detract, and I am confident that you will be able to meet change head on.

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