

COPING WITH CHANGE



Change is an unavoidable constant in our lives. Sometimes it's within our control, but most often it's not. There are things you can do to make coping with life changes a little easier. The following are some tips for dealing with change.

Face your fears. When you fear change take some time out for yourself. Take a step back and try to put things in perspective.

Focus on your values instead of your fears. Reminding ourselves of what's important to us — family, friends, religious convictions, scientific achievement, great music, creative expression, and so on — can create a surprisingly powerful buffer against whatever troubles may be ailing us.

Reduce Stress and anxiety. In times of stress caused by change we may feel tired and un-energized. This is the time we need to focus on being strong, fit, healthy and resilient. To be resilient you need to be clam and in control so that you are able to make good, clear and rational decisions.

Stop the fearful thoughts and replace them with something positive. Fear can come from creating negative thoughts and scenarios in your head about what the future holds.

Communication. Communication is always important and especially when you face change. Part of the fear of change is the unknown.



Be flexible and embracing of change. Instead of hiding from your fear and creating defenses to keep it away from you, be open and flexible to taking on new challenges and tasks.

Confront your feelings and seek support. Face your feelings about fear and the transition you are going through, especially when the change is imposed and beyond your control. Your EAP is here to help.

CONTACT YOUR EAP

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For employees in the 189/193/194 zip code areas