

MANAGING CHANGE

HOW TO COPE WITH CHANGE

CONTROL

ESTABLISH WHAT IS IN YOUR CONTROL



When things change it is easy to feel like we have no control over the situation. However, there will still be some things that we can control, such as the time, place or activity we do. Most importantly, we can control our responses to a situation. Making a list of what is in your control can help.

WHAT ARE THE POSITIVES?

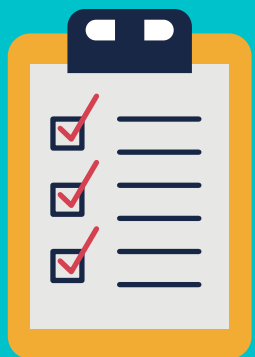
DOES A CHANGE PRESENT NEW OPPORTUNITIES?

It might be more time to prepare for an event, meeting new people or developing a new skill. Taking time to consider what we can gain from a change can make it feel less daunting.



PLAN B

HAVE A BACKUP



Having an enjoyable, go to plan B if plans are cancelled can help. The cancelled plan might mean you have more time for self care, reading a book, going for a walk or doing something that brings you joy.

TAKE A SECOND

IT'S OKAY TO PAUSE

If someone is requesting to change a plan, it is okay to take a moment to think about it before responding. This helps us to gain control of our emotions and to consider whether we agree, or whether we might even benefit from a change.



SUPPORT

VOICE YOUR CONCERNS



If you are struggling with a change, it can be useful to ask for support or guidance from those around you. They may be able to offer solutions, help you to navigate a change or just listen and offer emotional support

More is in your control than you might realise

Breathing exercises might be useful to self regulate and help manage the feelings of anxiety change may bring.

IT'S OKAY TO ASK FOR SUPPORT

