

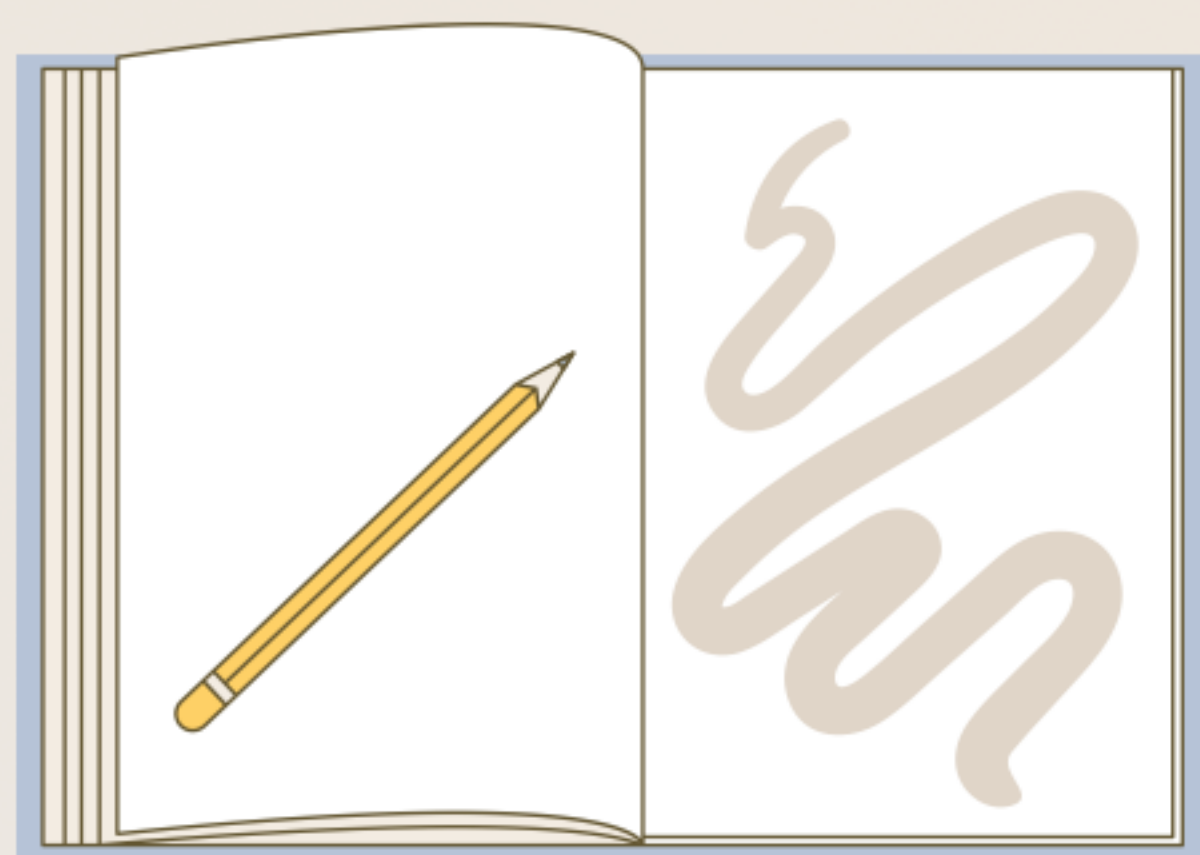
Processing Change

Change can evoke a wide range of emotions. It is an inevitable part of life and can happen unexpectedly. Although everyone experiences change, it can also be difficult to navigate. Here are some helpful strategies to keep in mind when dealing with change and feeling overwhelmed.



"You can't control everything. Focus on what you can control."

Change can come in many forms, such as starting a new job, moving to a new house, having a baby, or beginning school. Some things may be out of your control, but there are still actions you can take. Try practicing self-affirmations, being mindful of how you start your day, mentally preparing yourself for challenges, and organizing your time to feel more in control.



"Remember to start journaling your day."

When change happens, it can be overwhelming and feel like time is flying by without much of a break or time to reflect. Try taking time to write and process your feelings and emotions throughout or at the end of your day.



"Prioritize self-care."

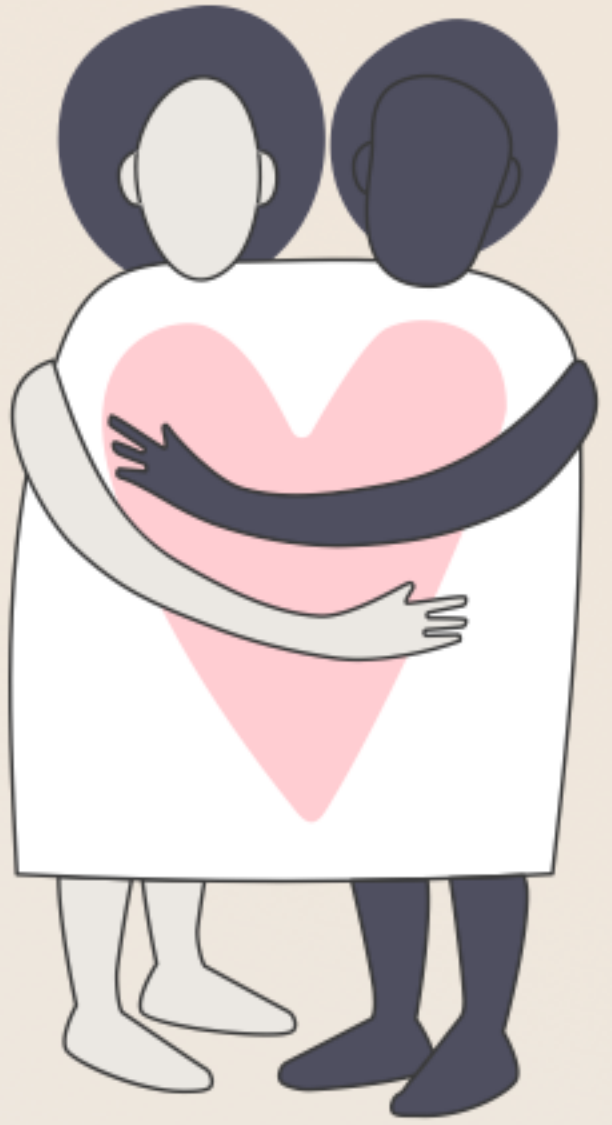
Self-care is not a luxury, it's a necessity. It's a great way to connect with yourself and nourish yourself emotionally. By practicing self-care routines, you're taking care of your health and hygiene and prioritizing your well-being. If you're having trouble finding a way to start focusing on yourself during change, try waking up ten minutes earlier, meditating, having a healthy breakfast, going for a run after work, or simply staying hydrated throughout the day. These are all important self-care practices that should be a part of your daily life.

C.G. Jung — 'We cannot change anything unless we accept it. Condemnation does not liberate; it oppresses.'



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"Stay connected with friends and loved ones."

When change happens, it can take up a lot of our personal time. We may feel more exhausted than usual, and it can lead to isolation. When dealing with stress, it can be helpful to have someone to vent to and talk to, especially someone you love or trust.



"Make plans for yourself. "

Whether you are a social butterfly or a wallflower, it's important to make plans for yourself. Take time to see a movie, have a nice dinner, walk on the beach, go for a hike, or even take a drive. Just make sure to find time for yourself to have some fun, so you won't feel as burnt out from all the change happening around you. It's okay to feel tired!

Please provide examples of strategies to cope with overwhelming emotional change.

Example

"I usually have some free time on Friday night. This week, I should see that film I've been interested in. I can call a friend or even go by myself after work."



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