

## EMPLOYEE ASSISTANCE PROGRAM

# DEALING WITH CHANGE

Both positive and negative changes can trigger stress, but the more calm and flexible you are, the easier it is to cope. At one time or another we all deal with significant life events, such as career changes, marriage and children, relationship breakups, illness, or losing people we love. How we handle change and transition depends on our attitude, our ability to accept the things we can't control, and our willingness to be proactive.

Here are tips to manage change:

- Get support from your friends, family, and others in your network. You don't have to go it alone.
- Keep an open mind and look for the positives. The change may present opportunities you hadn't thought of before.
- Take action where you can. Chances are you've managed change successfully in the past.

Remember, no one's life is free of change. As John F. Kennedy said: "Change is the law of life. And those who look only to the past or present are certain to miss the future."

