

# Change Ain't So Bad

## Tips for Coping with Change



**Reframe it.** Try “reframing” changes you encounter... as opportunities. Sometimes changes, when viewed this way can inspire you to change your behavior, your activities, or your way of interacting with the world in powerful ways.



For example, when I lost my job after a 17 year career, I could have gotten upset, moaned and groaned, felt sorry for myself, complained and blamed, etc., but I decided to use this as an opportunity to pursue a new exciting line of work for which I have found great passion.

Or, when my significant other decided he needed to leave after 17 years and have the freedom to find out more about himself, I was devastated. Then, I decided I would have time to do the same! While both searching, we found each other again in a better way. Also, we have each found new friends that support us individually and together.

**Control Freak?** If the need for order in your life is strong, change may be more difficult for you. If you are one who tends to want to control, you may be reluctant to ask for help, thinking you may be



putting your fate in others' hands. This is a time when you may most need it. Just know that asking for support doesn't mean that you have to give up your power. It means you have extra energy and information you can use to better cope with change.

**Take Stock.** If you are highly open to change, unhappy with any routine, and even seek change, you may be using change to avoid dealing with your own issues. This strategy will hold you back. Take time to sit still, to experience and digest your feelings, journal your thoughts, take stock of your life and ask yourself, “Are my current behaviors getting me what I want in my life?” If not, what do I need to change or let go of in my life?

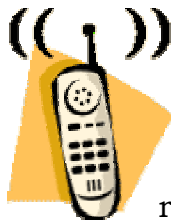
**Keep Things Interesting.** No change leads to stagnation. Too much change leads to insanity. Check in with yourself periodically and check to see if your current level of change is at healthy levels.



**Create change-free zones.** Create safe spaces and structures for yourself that don't change. This may be a room in your house, your desk, a time during the week when you do

your favorite nurturing or fun activity, or a quiet corner where you can always find peace.

**Do Nothing.** When a major change is thrust upon you, it is often wise to first, do nothing. Digest it. Observe carefully. Most changes don't require immediate response. Sometimes if things are changing rapidly, if you wait, things may change again so that no action is required.



**Turn Off the Phone.**

Does the ringing phone run your life? Then stop answering it! Return the call when you are ready. Create space and time in your life. Simplify, eliminate excess clutter, too much stuff, i.e. material goods in your environment and excess activities in your life. Consider what things, what activities, what relationships you need to let go of.



**Take extra good care of yourself.**

Set strong personal boundaries about what you will and won't do or accept. Put your basic physical, mental, emotional, and spiritual needs first. Sometimes you can just say "no" to change or to others' requests.

**Check in with yourself daily.** Ask yourself, "what do I need right now?" Then, go about meeting your needs in a healthy way.



**Name your frustration.**

Unspoken tension increases stress. Put words to what's bothering you about a particular change. With this awareness comes clarity.

**Be OK asking for help.**

When you are going through major changes, create and maintain support systems for yourself at school, at work, and at home. For example, at school, ask for help from your Special Services Partner, Tutor, Learning Assistant, and Counselor.



**About the author.** Steve Davis, M.A., M.S., is a Facilitator's Coach, Infopreneur, and free-lance human, helping facilitators, leaders, educators, trainers, coaches and consultants present themselves confidently, access their creativity, empower their under-performing groups, enhance their facilitation skills, and build their business online and offline. Subscribe to the free weekly ezine for group workers at [www.MasterFacilitatorJournal.com](http://www.MasterFacilitatorJournal.com) and check out his virtual university at [www.FacilitatorU.com](http://www.FacilitatorU.com). Contact Steve at <mailto:steve@facilitatoru.com>.