

Well Being Poster

This week's wellbeing poster is taken from [Psychology Today](#) and covers ways to Cope with Big Changes.

10 ways to Cope with Big Changes

1. Acknowledge that things are changing.

Sometimes we get so caught up in fighting change that we put off actually dealing with it. Denial is a powerful force, and it protects us in many ways. However, stepping outside of it and saying to yourself, "Things are changing, and it is okay" can be less stressful than putting it off.

2. Realize that even good change can cause stress.

Sometimes when people go through a positive life change, such as graduating or having a baby, they still feel a great deal of stress—or even dread. Keep in mind that positive change can create stress just like not-so-positive change. Stress is just your body's way of reacting to change. It's okay to feel stressed even when something good has happened—in fact, it's normal.

3. Keep up your regular schedule as much as possible.

The more change that is happening, the more important it is to stick to your regular schedule—as much as possible. Having some things that stay the same, gives us an *anchor* (a reminder that some things are still the same), and it gives your brain a little bit of a rest. Sometimes when you are going through a lot of change it helps to write down your routine and check it off as you go.

4. Try to eat as healthily as possible.

When change happens, a lot of us tend to reach for carbs—bread, muffins, cake, etc. This may be because eating carbs boosts serotonin—a brain chemical that may be somewhat depleted when you undergo change. It's okay to soothe yourself with comfort foods—in moderation. One way to track what you are eating is to write it down as it makes you take a step back and think about whether you want to eat that second muffin or not. Also notice if you are experiencing an increased use of alcohol or other substances; your use can sneak up on you when you are under stress.

5. Exercise.

Keeping up regular exercise could be a part of the "keep up your regular schedule" tip. If exercise is not currently part of your routine, try adding it. Even just walking around the block can help you feel better. (Check with your doctor before starting an exercise program.)

6. Seek support.

No one gets through life alone. It is okay to ask for help; that's a sign that you know yourself well enough to realize you need some assistance. Think of your trusted friends or family members. Chances are that they are happy to help.

7. Write down the positives that have come from this change.

Change presents us with the opportunity to grow, and it's important to acknowledge how things have become better as a result.

8. Get proactive.

Being proactive means taking charge and working preventatively. This means you figure out what steps you need to take before something happens. Being *reactive* means you wait until something has happened and then you take action.

9. Vent, but to a point.

Having a support group to whom you can vent can be helpful—to a point. If you are solely venting, the feeling of frustration can be contagious. Try gearing the conversation toward action: What can you do to make things better?

10. Back away from social media.

When you go through change, you may gravitate toward social media—maybe posting to your friends on Facebook what is going on in your life. First, make sure you are in a calm state when you post—and keep in mind that whatever you post never really disappears.

And finally, give yourself a break. In a time of change, you may feel a little out of control. Nothing says you have to function at 100 percent all the time. People make mistakes, it is part of being human!