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Five Tips for Handling Change Positively

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Have you ever had one of those times at work where you are sailing along, doing your thing, and doing it well, and then *bam!* somebody drops a major change on you. You know – the company has been bought out by another company. Or there is new leadership and now everything is going to be restructured. Or maybe it is something smaller – your job description is changed somewhat.

One of the causes of distress (leading to stress) is what goes on in our own minds. Your reactions or thoughts - essentially your self-talk can make all the difference as to whether you become stressed-out about something or whether you sail through unruffled.

Practicing acceptance is easier said than done, but it IS doable. Acceptance does not necessarily mean you will be automatically happy with the situation. You can be in the midst of a rather unhappy situation, but still have a sense of peace about yourself.

However, letting yourself be resentful about a situation, and letting yourself be angry for a long time about it is not useful. In fact, having an angry mindset for a long period of time can actually cause you to develop health problems. So while it is important to acknowledge your emotions about an event, it is also important not to get stuck there.

Throughout your career, you will undoubtedly be faced with some situations that create distress for you. While you don't have control over the changes that come your way, you do have control over something – the way in which you choose to react and process the changes.

How can you handle change positively? Here are some tips:

1. Remember that change is a natural part of our existence - it happens whether you accept it or not. This is not something you have control over, so let it go. Put your energy into being resilient and coming through the change creatively.
2. See this as an opportunity. Think about it - change may be uncomfortable, but on the other hand, it also changes the parameters in which we operate. You have been given an opportunity for growth!
3. Know that it's entirely normal to be resistant to change. The stages of grief are also important emotional stages when facing any kind of change. (Denial, Resistance, Exploration, Acceptance/Commitment).
4. Pay attention to your attitude. Fighting some changes is like beating your head against a brick wall. Don't waste your energy on it! Find ways to channel your energy in a positive direction. This will increase your sense of empowerment, and help you feel more resilient in the face of such change.
5. Most importantly, form a support network. This might be people who are also undergoing the change, or might have to be people who are NOT experiencing the change you are undergoing. The call is yours.

Remember, you may not have control over the changes that come at you, but you DO have control over your responses. That, in itself, is pretty empowering.

Author's Bio

Fran Bozarth, a parent of two teens and an experienced classroom teacher, owns and operates The Institute for Educator Wellness and its website welleducator.org. During the completion of her master's degree, Fran conducted research on why teachers leave the profession, and became focused upon resilience and wellness. She is in the process of publishing the ebook, "Resilience: The Art and Science of Bouncing Back." Correspondence is most welcome at [this address](#).