

# EMBRACING CHANGE

There is no getting around it - life is an on-going process. No matter how hard we try to slow down, set things straight or make things right, it just keeps moving along in a series of beginnings and endings. Regardless of tempo, we cannot stop change from happening. We can however, embrace it and use the opportunity to improve our lives. In fact, many life transitions are the result of positive change, such as getting married, going away to college, starting a new job, moving to a new city, buying or selling a house, giving birth to a child and retirement. Also, change brings about innovation, such as the airplane or automobile.



Granted, some transitions take more time than others it may take some time getting used to at first, but eventually it will lead to positive change. That is the thing about change it causes us to leave behind the familiar and forces us to adjust to new ways of doing things, at least temporarily. Although change can sometimes leave us feeling completely unprepared, anxious or even angry, there is always a silver lining to be found.

- ❖ Do not be in a rush. When your life is disrupted it takes time to adjust to the new reality. Expect to feel uncomfortable during a transition as you let go of old ways of doing things.
- ❖ Keep some things consistent. When you are experiencing a significant life change, it helps to keep as much of your daily routine consistent as you can.

In order to meet new workplace transitions head on, some people simply embrace them as a chance to learn to grow. Here are a few pointers on how to turn change into a positive experience for you.

- ❖ Accept that change is a normal part of your work life.
- ❖ Expect to feel uncomfortable. A time of transition is confusing and disorienting. It is normal to feel insecure and anxious. These feelings are part of the process and they will pass.
- ❖ Focus on the payoffs. Think about what you have learned from other life transitions.
- ❖ Take good care of yourself. Transitions are stressful, even if they are supposed to be happy times. Get plenty of rest, exercise and eat well.

**Remember**, your EAP Coordinators are here to assist you with any issues that may be impacting you or the well being of those close to you. Please feel free to give us a call at:

National Office - Ron Rawding	888-992-1010
Atlantic Region - Jeff McAulay	902-223-7911
Montréal - Gilles Flion	514-972-4095
Toronto - Derrick Bahford	416-882-6997
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Calgary - Léon Dubois	403-880-2589
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**NEED HELP?**

