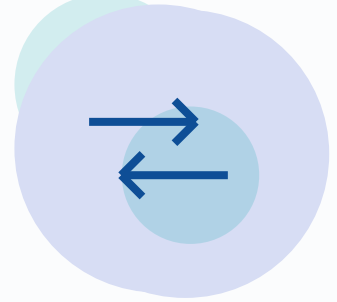


FACT SHEET

Coping with Change

Change asks us to adjust. Even helpful change can feel stressful because it interrupts predictability and challenges the way we usually cope, plan, and understand ourselves.



clear, practical, supportive

WHAT IT CAN LOOK LIKE

- Shock, uncertainty, frustration, sadness, or resistance
- Poor sleep, poor concentration, irritability, or feeling mentally scattered
- Withdrawing, procrastinating, or over-controlling small details
- Worrying about the future or replaying what used to be
- Feeling stuck between the old normal and the new one

WHAT CAN CONTRIBUTE

- A change that feels sudden, unclear, or outside your control
- High stakes around work, relationships, finances, or identity
- Too little information or too many possible outcomes
- Past experiences of loss or instability being reactivated
- Trying to adjust while already stressed or exhausted

Why it matters

- Change often activates the same stress systems that respond to threat.
- When uncertainty is high, the mind may fill gaps with worst-case predictions.
- Not knowing what comes next can feel harder than the change itself.
- Coping improves when you combine acceptance with practical action.

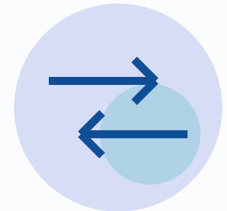
Helpful reminders

- Adjustment usually happens in stages, not all at once.
- You do not need to like the change in order to respond effectively to it.
- Progress often comes from flexibility, not from total certainty.

PRACTICAL STRATEGIES

Choose the ideas that feel realistic for you. Small consistent changes usually work better than trying to change everything at once.

- Clarify the change. Ask what is happening, what is uncertain, and what decisions are actually needed right now.
- Separate what you can influence from what you cannot. Put your energy into the part you can act on.
- Use small routines to create stability while bigger things are shifting.
- Talk about the change with someone you trust rather than carrying it silently.
- Reduce overload where possible. Major change is easier to manage when unnecessary pressures are temporarily simplified.
- Create short planning windows. Focus on the next day, week, or meeting rather than trying to solve the whole future.
- Stay connected to values. Ask what kind of person you want to be while this change is happening.
- Get support if the change is leading to ongoing distress, unhelpful coping, or impaired functioning.
- Track what makes the problem better or worse. A short note in your phone or diary can reveal patterns you can actually use.
- Aim for steady progress, not perfection. Review what helped this week and keep the plan realistic enough to repeat.

**TRY THIS TODAY**

Start with one small, achievable step.

- Write down one fear, one fact, and one next step.
- Choose one part of the situation you can influence today.
- Do one calming activity before making a decision from a stressed state.

WHEN TO GET EXTRA SUPPORT

- Change is leading to ongoing distress or shutdown.
- You are using unhelpful coping strategies more often.
- Uncertainty is making it hard to function day to day.
- You want support to build a calmer adjustment plan.