

# 10 WAYS TO COPE WITH CHANGE

1. **Gather Information:** Learn all you can about the new stage of your life. Read and talk with others in the same position.
2. **Let go of the things you can't control:** Accept that some things will be different.
3. **Ask for advice:** from friends, family, co-workers, church. Also professional counseling and therapy may help.
4. **Be flexible:** You might have to change your goals or routines, if only for a while.
5. **Rethink what's important:** The way you rank family, work, play, and friends may have to change.
6. **Brainstorm:** There may be more than one answer to your problems.
7. **Laugh a little:** A joke, even at your own expense, helps to lighten the load.
8. **Use stress-busters:** Relax! Set aside time and activities for you and only you.
9. **Exercise:** Walking, jogging, swimming, aerobics – work off worry and strengthen your body's ability to meet the demands of change.
10. **Combine them all:** No one strategy is best. The more, the better.