

Kepro is now **Acentra Health**
New name, same great program!



Coping with Change

Change is a natural part of life, but for some can cause major discomfort, anxiety, and depression, while others seem to handle it in stride. The following are some suggestions to help you adapt and cope with change, both personally and professionally.

- **Recognize what is within your control.** Even though you cannot control certain events or outcomes, you are in charge of your thoughts, attitude, and actions in response to change. Knowing that you can choose how to react can be empowering in itself.
- **Acknowledge grief and loss.** Even positive transitions such as a promotion, graduation, or a move can conjure up difficult emotions. Allow yourself to feel sadness and acknowledge losses.
- **Try to avoid catastrophizing.** Remind yourself about changes you have navigated successfully in the past. Some changes seem overwhelming initially and as more time passes and acceptance sets in, you will naturally feel better.
- **Ground yourself in the present.** Instead of fixating too much on the future and what the change will mean, focus on the here and now and what is right in front of you to avoid getting overwhelmed.
- **Reset your priorities.** Sometimes changes can help us focus on what is important in our lives. Focus on your goals and priorities and how a particular change can actually help you become more aligned with what matters most.
- **Get support when you need it.** Talking to a professional when faced with what feels like an insurmountable change may be necessary to help cope with a very difficult transition.

Reach out to your Employee Assistance Program for help connecting to a counselor in your area.

Smith, K. "The Psychology of Dealing With Change: How to Become Resilient." Psyc.com. <https://www.psyc.com/dealing-with-change>. Retrieved October 17, 2023.



Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.



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1.800.999.1077

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