

10 COPING STRATEGIES
WHEN YOUR LIFE IS TURNED
UPSIDE DOWN AND DEALING
WITH MAJOR CHANGES
Checklist

10 Coping Strategies For Dealing With Major Changes

Assess The Situation

- ✓ Acknowledge and assess the situation and identify the corresponding emotions so you can identify and address possible problems and find factors that can be dismissed and other pertinent parts.
- ✓ Determine possible outcomes including worst and best-case scenarios.
- ✓ This information allows you to take the necessary measures to address the situation based on this assessment.

Accept The Situation

- ✓ Stop denying and fighting the changes.
- ✓ Accept the reality, embrace it and then you can take the necessary measures to actually address those things you have the power to influence and release those things outside of your control.
- ✓ Free yourself by accepting what is beyond your control and release the burden of those things we cannot change to empower yourself to change what you can.

Reframe

- ✓ Look at the situation or circumstance through a different lens. Major change often causes you to view things from a negative lens. The focus becomes the unexpectedness of the change, the inconvenience of the change, the challenges the change poses, or the stress the change causes within daily life.
- ✓ Reframing is intentionally seeking to see the change from a positive perspective, including potential opportunities the change presents, the benefits of the change, and the ways the change can enhance learning and knowledge among several others.

Get Support

- ✓ Tackling any challenge alone can be daunting, and major changes can certainly be a challenge. Surround yourself with a community of people that can be both physical and emotional sources of support.
- ✓ Knowing that you are not alone as you deal with the major change can reduce stress and make the process easier for you.
- ✓ Support from family, friends and even professionals like a therapist offers a listening ear, coping strategies and assistance with processing change itself.

Establish A Routine

- ✓ Counter the stress and overwhelm of all the moving parts and lack of control by establishing a well set routine.
- ✓ Add value to your life with routine, which acts as a grounding force that creates balance, structure, and predictability.
- ✓ Routines can re-establish a sense of control and normalcy that can help us navigate major changes.
- ✓ Routines contribute to better sleep, less anxiety, more predictability, and better overall resilience.

Implement Stress Management Strategies

- ✓ Manage your stress to keep yourself calm, focused and to ensure your decision making skills are sound as you navigate the challenges.
- ✓ Exercise
- ✓ Meditation
- ✓ Yoga
- ✓ Aromatherapy
- ✓ Progressive muscle relaxation
- ✓ Rest and relaxation

Practice Self-Care

- ✓ Practice self-care, which is anything that promotes an overall sense of well-being and health, helps preserve peace, allows you to engage in self-reflection, and to process thoughts and emotions.
- ✓ Exercise to boost positive mood, reduce stress, anxiety, and negative emotions that can accompany a major change.
- ✓ Exercise to promote the relaxation response within the body.
- ✓ Eat a healthy diet
- ✓ Read
- ✓ Get rest and relaxation
- ✓ Take Walks
- ✓ Listen to music
- ✓ Anything that promotes your own wellbeing

Set Boundaries

- ✓ A boundary is a line we set to keep ourselves safe- this can be physically, mentally, or emotionally.
- ✓ Ste boundaries to facilitate feelings of control during times that can generally be chaotic and unpredictable.
- ✓ Set boundaries to avoid triggers that can cause you to become unstable during periods of major change.

Focus On The Facts

- ✓ Focus on the facts and not the fear-based and stress-based reactions is key so you can make sound decisions, take constructive action, gain fact-based awareness, and gain the balance you need to feel a sense of control.
- ✓ Focus on facts to avoid getting caught up in the emotional side of the fear, anger and anguish that can occur when your life is turned upside down.
- ✓ Break the cycle of catastrophic thinking by focusing on the facts.

Gratitude

- ✓ Use gratitude to ground you and bring focus and balance to a chaotic situation.
- ✓ Find is comfort in gratitude.
- ✓ Find hope in gratitude.
- ✓ Create a positive mindset with gratitude.
- ✓ Make a gratitude list and review it often.
- ✓ Express your gratitude to others, such as telling your family and friends how much you appreciate them.