

10 COPING STRATEGIES

When Your Life Is Turned Upside Down And Dealing With Major Changes

ASSESS THE SITUATION

Break down each facet and the corresponding emotions to identify possible problems that can be addressed, factors that can be dismissed and possible outcomes including worst and best-case scenarios.

ACCEPT THE SITUATION

Denial and fighting change causes stress. Acceptance leads to problem solving steps and releasing those things outside of our control, which empowers one to change what they can.

REFRAME

Look at the situation through a different lens. Intentionally seek to a positive perspective, including potential opportunities the change presents, the benefits of the change, and the ways the change can enhance learning.

GET SUPPORT

Get a listening ear, coping strategies advice, help with the process of the change itself: family, friends, trained professionals.

ESTABLISH A ROUTINE

Routines can re-establish a sense of control and normalcy that can help us navigate major changes.

MANAGE STRESS

Meditation, yoga, aromatherapy, and others can work to release tension, regulate emotions, bring about reason, and promote calm.

PRACTICE SELF-CARE

Self-care is the practice of doing those things that promote an overall sense of well-being and health. Focus on rest and exercise.

SET BOUNDARIES

Setting boundaries facilitates feelings of control during times that can generally be chaotic and unpredictable.

FOCUS ON THE FACTS

Focus on the facts and not the fear or stress based reactions. Fact-based awareness, intentions, and the subsequent actions taken can bring the balance needed to feel a sense of control. Break the cycle of catastrophic thinking by focusing on the facts.

FOCUS ON GRATITUDE

Gratitude is a grounding practice. It creates balance when focus is so deeply set on things that are going wrong. There is comfort in gratitude. Gratitude is hope. Gratitude is a positive mindset. Make a gratitude list and review it often.