THE TIDES OF CHANGE

Change, like the ocean, ebbs and flows. Some days can be rough; others smooth sailing. We simply need to evaluate our surroundings and adapt to meet our needs.

Adapting to change differs for each of us and for each situation. Sometimes you might embrace change, take a risk and dive right in. Other times you might need some tried and true evidence before wading in. And occasionally, you might be a little more cautious and need a little coaxing before you dip your toes in to test the waters. When change happens, think about your readiness to accept the change and what resources you have, or need to acquire, to be successful moving forward.

Though change of any kind can be stressful, there are many times that it can actually be a good thing and provide new opportunities for us. You can't stop the waves of change, but you can certainly choose how you ride them out.

RIDING THE WAVE

Don't get swept away by the current! The next time you're faced with change, keep these strategies in mind to help you through.

Know yourself: Figure out how change affects you and how you can thrive in change.

Get the facts: Ask questions and seek clarification to ensure you understand the situation.

Talk it out: Talk about your feelings and reactions with people you trust.

**Invest in yourself:** Take time for yourself to keep energized and recharged.

Understand the discomfort: You may feel uneasy or out of sorts as change happens. It's not unusual to have these feelings for a short period of time, but if the discomfort persists or is impacting other areas of your life seek support.
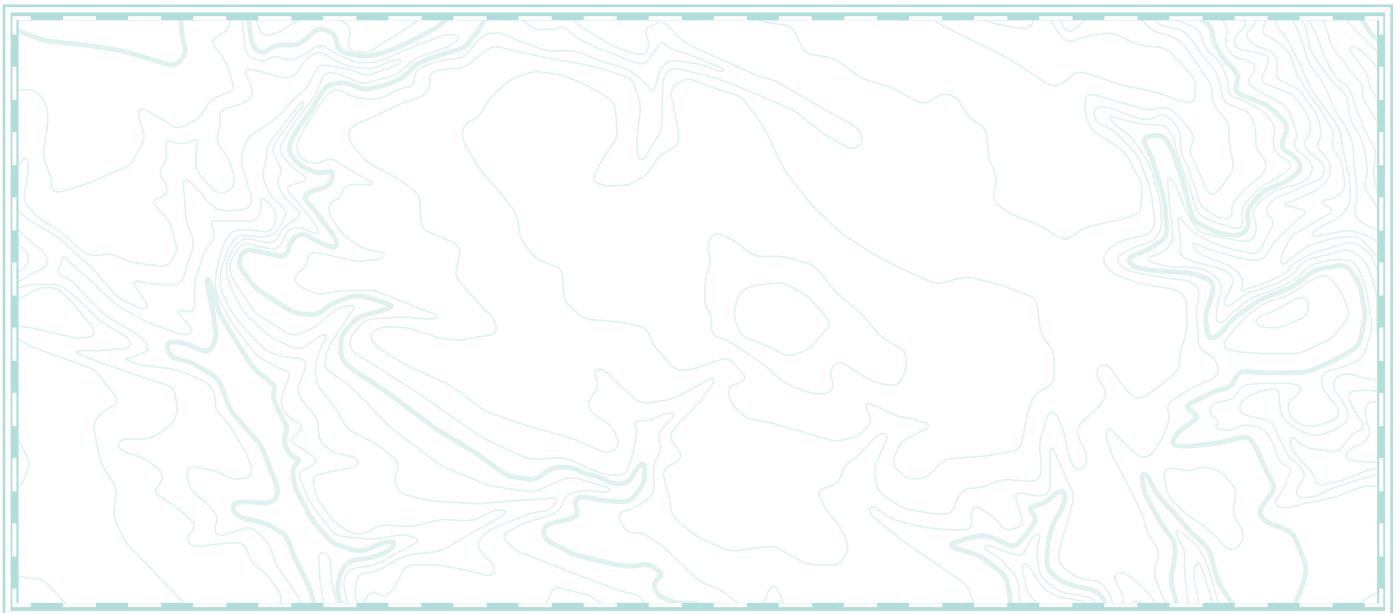
PLOTTING YOUR COURSE

Envision two paths. One is the path you're currently on and you can continue forward without any changes.

The other is the path you take if you change your course. Use the space below to plot out the two courses.

Stay the Course
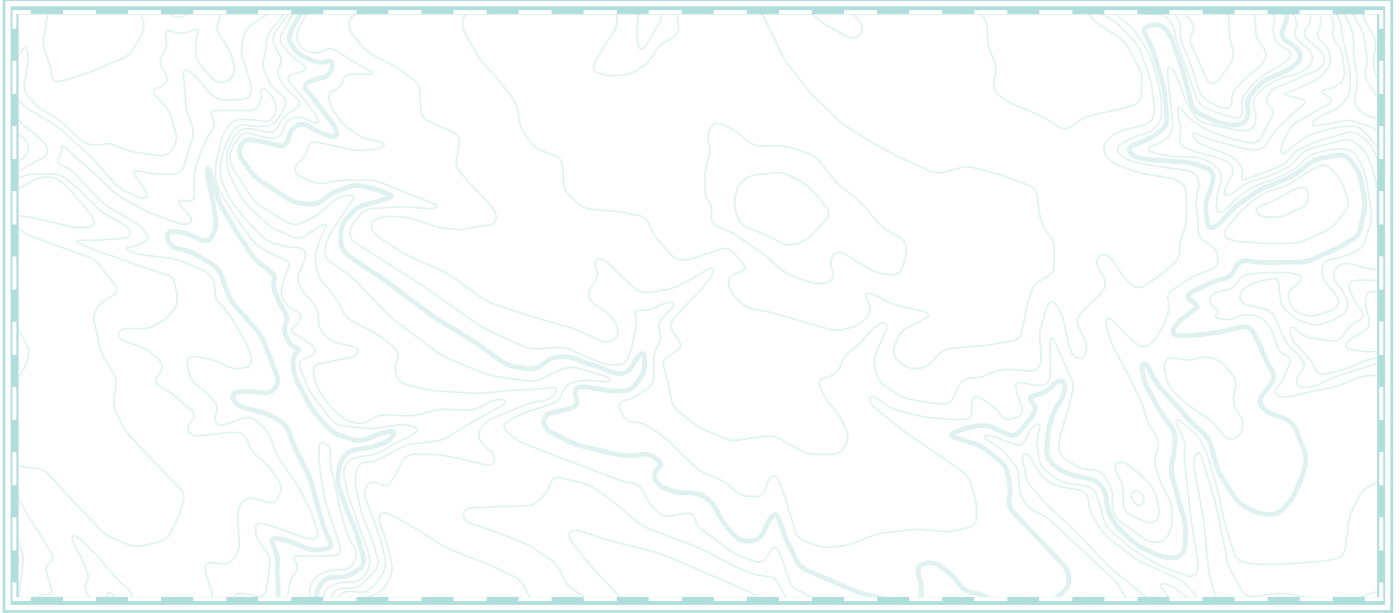
Uncharted Waters

What stops did you make along the way? Are you going with the current or against it? Who did you meet? Did your destination change?

Now that you've plotted your two courses, which one will you choose to sail?

SOURCES

Hardcastle, S. J., et al. (2015). Motivating the unmotivated: how can health behavior be changed in those unwilling to change? Frontiers in Psychology, 6, 835. **http://doi.org/10.3389/fpsyg.2015.00835**