

Learning to accept change

Learning to roll with change will lead to a happier and more fulfilling life.

That doesn't mean you should ignore feelings of sadness, anger, frustration, or stress. These are normal responses to major life changes. But once you have acknowledged those feelings, it's important to move forward and focus your energy on future possibilities.

REFLECT AND REFOCUS

Take stock of your personal assets and express gratitude, for example:

"I can deal with this. I still have my ability to think, my special talents, my skills, and my aspirations. I'm grateful for relationships and for my family."

ASK YOURSELF SOME IMPORTANT QUESTIONS

- How do I want to feel in three months?
- What will it take to get there?
- What does my ideal week look like?
- What can I do to realize that?
- Who can help with that?

TAKE ACTION

Start by visualizing how you want to feel or where you want to be three months from now. Work back from this goal until you find something small enough that you can do today, tomorrow, or next week.

CHOOSE

Decide what you want as the next chapter of your life. Simply choosing doesn't guarantee you'll get it, but the power of your intentions makes a huge difference.



Challenge or opportunity?

Watch this **short video** to discover how embracing change with a growth mindset can help you achieve more



Sometimes it's hard to see the positives to change. Your GuidanceResources® program can show you how. Our counseling and self-improvement solutions help you be your best, at home and at work. The services are free, confidential and available all day, every day to you and your household members.



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