

8 WAYS TO COPE WITH CHANGE

by @inner_drive | www.innerdrive.co.uk

1 GET INFORMATION

Uncertainty and ambiguity causes stress

2 DIP YOUR TOE IN THE WATER

Get a taster of what you are about to do

3 ASK FOR HELP

Who can you turn to for support and advice?

4 BE PATIENT

It takes time to adapt

5 BELIEVE IN YOURSELF

Know that you can develop skills needed to adapt

6 TEST YOURSELF

Stepping slightly out of your comfort zone helps you learn and improve

7 KEEP A SENSE OF PERSPECTIVE

Know what's important and what really matters

8 REMEMBER YOUR GOAL

Seeing the bigger picture will boost motivation

