

The Art of Change

Accepting transitions, welcoming possibilities

Change is an inevitable part of life. As adults, we often find ourselves facing various transitions and adjustments. Whether it's changing careers, moving to a new city, experiencing a major life event, having children leave for college, or adapting to new societal norms, navigating change can be both exciting and challenging. Embracing and managing change effectively is crucial to personal growth, fulfillment, and success. When you become an active participant in these transitions, it can help make life transitions easier. **Here are some strategies to help welcome life changes**

Managing our mindset

Recognize the inevitability of change.

Accepting that change is a constant and necessary part of personal and professional development can help you approach transitions with a more open mindset. See challenges as opportunities to improve, rather than obstacles or failures. This mindset increases flexibility and willingness to adapt to new situations. Resisting it can lead to increased stress and dissatisfaction.

Acknowledge and manage your emotions.

It's normal to feel a range of conflicting emotions during times of transition, including fear, uncertainty, sadness, excitement, freedom, and anticipation. Allow yourself to experience these emotions—but also work on managing them. This can include journaling, talking to trusted family and friends, and engaging in activities that reduce stress.

Focus on your strengths and past success.

Now that you've worked on accepting the change, reflect on your past achievements and successful transitions. Remind yourself of the skills, resilience, and adaptability you've demonstrated in the past. It helps boost your confidence and offers reassurance during uncertain times.



Feel you need more support?

Try therapy. A therapist or coach can provide insight and help you build confidence and adaptability skills. Activate your account to book a session with a therapist through Spring Health, your mental wellness benefit. Spring Health's providers are diverse and offer a wide range of services, and appointments are available in as soon as 2 days.

Creating a plan

Set realistic expectations.

Transitions take time, and it's normal to encounter setbacks, frustrations, and challenges along the way. Know there will be times when you'll feel uncomfortable. Be patient and kind to yourself.

Map out a plan.

Identify pros and cons, gather information, and develop an action plan to help you navigate the transition. Break down the process into smaller, manageable steps, and set specific goals. Think about barriers or challenges you may face, and brainstorm some ideas on how to approach them. Having a plan can provide structure and direction, reducing the feeling of uncertainty.

Finding flexibility

Stay adaptable.

Flexibility and adaptability are key when facing uncertainty. Be open to adjusting your plans or expectations as new information or circumstances arise. Being adaptable can help you navigate transitions more effectively and reduce stress.

Seek new experiences.

Actively seek new experiences and opportunities outside your comfort zone. Engaging in diverse activities, learning new skills, and seeking out different hobbies can enhance your ability to adapt to new situations.

It's all about you

Take care of you.

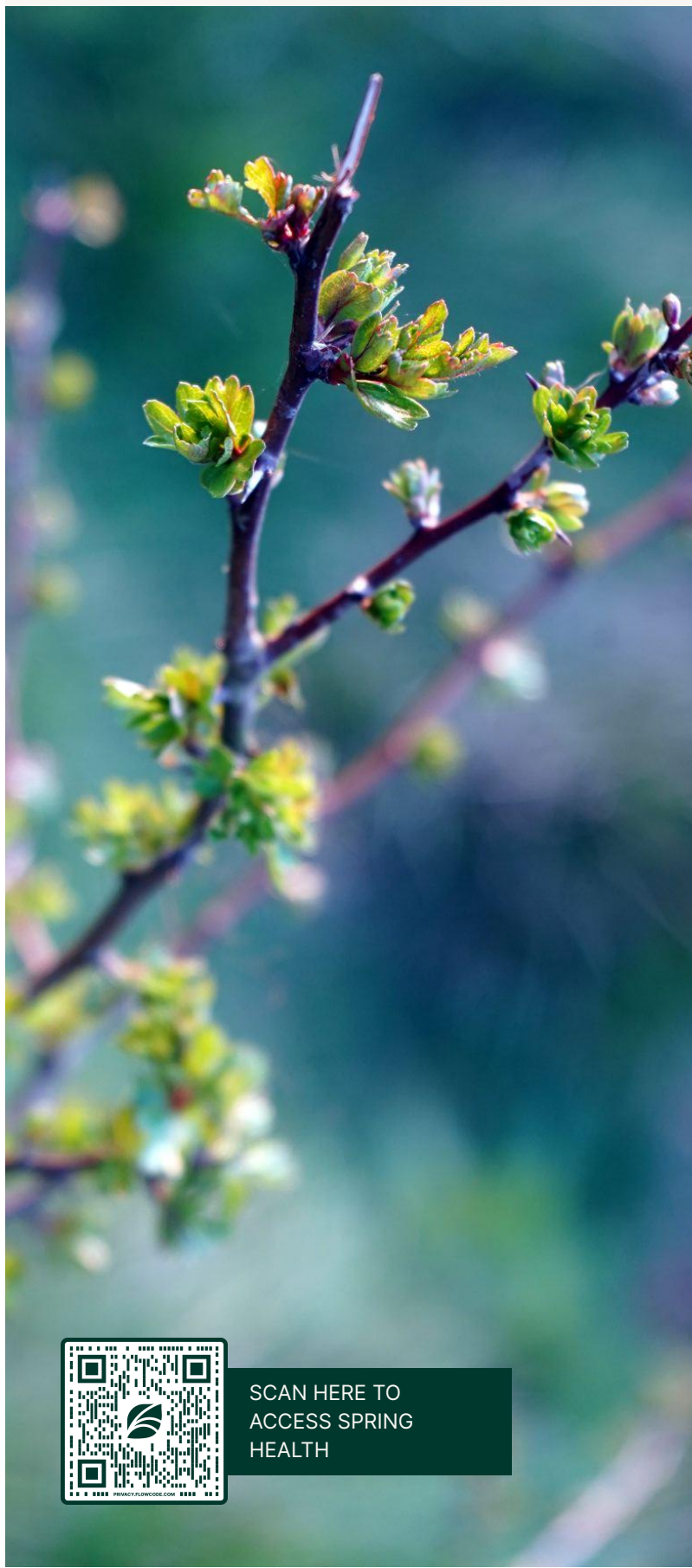
During times of change and transition, it's important to be mindful of your physical, emotional, and mental well-being. Prioritize activities that bring you joy.

Seek support.

Ask friends, family, or mentors how they handled similar transitions.

Need reminders on how to handle change?

These [reflection cards](#) can help. Use them as a tool for self-check-ins or prompts for your creative process.



SCAN HERE TO
ACCESS SPRING
HEALTH