

# ***Embracing Change***

By: Peggy L. McNamara

Do you ever wonder why some people deal with change better than others? Were they born with natural skills? Did they learn through trial-and-error? Or, are they just faking it?

Truth-be-told, it is probably a combination of all three. Change is consistently going to be a part of your life. Whether you create it through your own initiative, have it forced upon you due to employer downsizing or a personal lifestyle adjustment; change can be disconcerting. Here a few tips that can help.

1) Look at the adjustment as an opportunity and find the "bright spot" in it. Naturally, depending on what change you are dealing with will determine how easy this is for you. Understand the bright spot might not be readily apparent and yet it is crucial that you keep looking for it. Most of the time, the adjustment is going to happen whether you like it or not and you may not realize this but you have a choice, an actual real choice, as to how you view it. Fighting it, complaining about it, losing sleep over it, using alcohol or chemicals to deal with it are not healthy solutions. If you don't react in a healthy fashion, that adjustment could end up only hurting you.

2) Find the courage to move ahead boldly by discovering what the alternatives are or options that you have. If you are making a career change, whether by your decision or someone else's, consider the alternatives. Do you need to get some education to go in a new direction? Is there something else you've been wanting to do, but just never fit it in? Can you decide to enjoy the break and use it for some much needed rest and relaxation? Is there some volunteer work that you've been thinking about doing, but never had the time?

Do what is needed to recover from the anger, hurt or disappointment of a forced career change. As soon as that is over, ask yourself these questions. They are important ones.

3) Stay focused on the end result and don't let your fears stop you. Anytime one makes a change, it is quite natural to begin to think about any negative thoughts you could possibly conjure. Don't let that happen. Take control and turn the pessimistic statements to positive ones. Write affirmations down if it helps. Concentrate on the overall benefits of the change. Learn to trust yourself and the results you are looking for.

"At times, a change of routine can be most healthful." Arnold Lobel

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