

Momentum

Coping with change

Creighton
UNIVERSITY

Employee Assistance Program
1-800-424-4831



Tips for handling change

- ✓ Change causes stress because it threatens your sense of control. Don't view yourself as a victim. Instead, try to adapt and move forward.
- ✓ Reuse strategies that helped you handle previous changes.
- ✓ When possible, limit the changes. If you're aware of forthcoming events such as an office move or a wedding, don't pursue other major initiatives at the same time.
- ✓ Be patient with yourself. Remember that even the most resilient people need time to process a new reality.

Focus on what you can control

When big changes in work or home life seem overwhelming, it's natural to worry. However, most events in our lives are beyond our control. The most resilient people learn to identify those factors that are within their control and take a problem-solving approach to their situations.

- Some people strive to exercise control over the individuals and circumstances around them—attempting to change others and redirect events to avoid bad outcomes. This rarely works.
- Some people think endlessly about things they can't fix, or potential catastrophic outcomes that usually don't happen. This also is unhelpful.
- It's better to identify your specific fears and decide if they have merit. Consider the worst-case scenario. Could you deal with it? Probably!
- Make a plan and take action in areas where you realistically have influence. Let go of the rest.



Webinar—Get a grip on managing change via our webinar, *Positively Maneuvering Change in the Workplace*, on Wednesday, October 9. Register [here](#).

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Mind Your Mental Health

Change can confront you anytime—from unexpected reorganizations at work, to unsettling world news, to personally life-altering events like divorce or losing a loved one. If you aren't able to manage the stress of major changes, you may be at risk for mental and physical health problems.

- If your mental health has gotten worse, reach out for help. [In this tip sheet](#), learn how others—including mental health professionals—can support your recovery.
- If a divorce is going to impact your family, [review this information](#) on how to help children of all ages understand and adjust.
- For those who have lost someone in their lives to suicide, [this tip sheet](#) summarizes the common emotional effects on survivors and how to compassionately help them.

Working on Wellness

Your body is always changing. Embrace these changes, and look in the mirror without judgment in order to maintain a positive body image.

- October is Breast Cancer Awareness Month. Talk with your doctor about which breast cancer screening tests are right for you, and when you should get them.
- Stay physically active, avoid smoking and limit your alcohol consumption.

Daily Diligence

It helps to stay flexible when setbacks and hard times occur in your life.

- During stressful periods, make time for activities that keep you healthy. Also, share your challenges with friends or loved ones who might offer problem solving ideas.
- This too shall pass! No matter how uncomfortable a situation may be, remember that even the darkest of days won't last forever.

Additional sources: Centers for Disease Control and Prevention, American Cancer Society, Psychology Today.

The impact of workplace change

55%

of employees experiencing recent or current workplace change reported suffering from chronic stress.

22%

of employees experiencing no recent, current or anticipated workplace change reported suffering from chronic stress.

Source: American Psychological Association