



TIP SHEET 5

BE CHILL WITH CHANGE



1

ACCEPTANCE

It can be hard to adapt to change, especially when the change was not something you decided for yourself. When we are faced with change, we really only have two options, accept it, or resist. Resisting change can lead to us feeling frustrated, resentful and ultimately slow down the process of adapting to our new circumstances. Acceptance, even in a situation we don't like, allows us to find opportunities, move forward, and grow in response to the changes we experience.

2

BUILD RESILIENCE

Resilience is our ability to adapt to, and cope with difficulties. Resilience is not fixed though, and we can increase our ability to manage and cope with change in a number of ways. Develop and use your support network. Take care of your wellbeing including diet, sleep, exercise. Take action to improve what you can, by setting small goals and problem solving. Accept what is out of your control and that you cannot change. Try to stay open minded and optimistic about what this change might bring.

3

CHECK YOUR THINKING

The way we think about change can have a huge impact on how we cope with it. Are we just afraid of the unknown? Have we considered the realistic 'worst case scenario'? Have we experienced similar issues before when we coped successfully? Are there any positives in the new situation? Realistically interpreting the situation, and challenging any unhelpful thoughts, can help us to feel calmer, more accepting, and practical when faced with change.

4

DISCOVER MORE

There are lots of online resources to help you to Be Chill with Change. Check out some of these to get started.

- [Accepting and adapting to change and difficult emotions](#)
- [Tips and strategies for building resilience](#)
- [Check and challenge unhelpful thoughts and beliefs](#)
- More [tips](#) and [strategies](#) for coping with change



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