

Dealing with Change

Tips to Help you Adjust

Change

- Dealing with change can be tough
- Whether it is moving, starting a new job, or meeting new people, change effects us all
- Change can be scary
- Change can be good
- We can adjust, with time and help
- Everyone handles change differently and at their own pace

Quick Tips

Tip 1

- Face your fears, acknowledge the things that scare you
 - What is the worst case scenario? Envision it, truth is, is probably won't happen
 - Think about other times you were worried, your first day of school, it turned out okay, so will this
 - Let go of the fears that are out of your control, focus on the things that you can work on

Tip 2

- Set Goals
 - Be proactive
 - Anticipate obstacles you might face and plan for them
 - Set S.M.A.R.T. (Specific, Measurable, Achievable, Realistic, Timed) goals
 - Focus on the positives and work with those you can control

Tip 3

- Manage your Stress
 - Know when things will be stressful and manage your time
 - Take breaks, reward yourself
 - Reframe your thinking
 - Focus on new opportunities that are now available and let go of the negatives or the “what ifs”

Tip 4

- Get a new routine
 - Whatever the change, you need stability
 - Add things or change things in your normal routine to fit the change
 - Staying on a schedule will help adjusting be easier
 - Stay flexible, remember it is a NEW routine, you will need to change things so they work the way that fits best

Tip 5

- Find your support system
 - Rely on friends, family, and peers to help you through your adjustment period
 - Do not isolate yourself, talk to someone
 - Find others that are in or have been in similar situations
 - Don't be afraid to ask for help

If you need additional help or information please
contact the Counseling Center

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