



CHANGE, IN BUSINESS AND LIFE, CAN BE UNSETTLING. WHILE CHANGE MAY BE A NATURAL OCCURRENCE, ACCEPTING IT IS NOT, WHICH IS WHY WE ARE CREATURES OF HABIT AND ENJOY PERSONAL SECURITY. BELOW ARE SIX STEPS TO HELP YOU THRIVE DURING CHANGE.

- 1. Re-frame your thoughts.** Actions and emotions are the result of one's thoughts. When a negative thought enters your mind, push it out and replace it with a positive one.
- 2. Speak to the positive.** Eliminate contractions from your vocabulary. Instead of saying, "I don't want to go to dinner" try, "I would rather eat dinner at home". This exercise helps your brain to constantly look for the positive in everything.
- 3. Take the 30 day challenge.** Every day for thirty days, write down three things you're grateful for. No repeats. Studies show that for a habit to take effect, it requires roughly three weeks of consistent repetition. You will train your brain to look for the smallest glimmer of positivity in everything. This challenge is not easy. Generating new ideas can become difficult.
- 4. Exercise.** Stress has a negative effect. Exercise can be a positive in fighting off negative emotions and thoughts.
- 5. Give yourself a mental boost.** Set small goals for yourself that allows you to feel a sense of achievement. When you set a goal, it provides a sense of victory that helps boost your self-efficacy, creating a spiral of motivation leading you to set larger and more aspirational goals.
- 6. Socialize.** Surround yourself with positive-minded individuals because as they say "misery loves company" is true. Be with uplifting people. Personal connections will help you recover faster from work-related stress.

Try these exercises during times of turmoil and you will be surprised at how much easier it is to adapt and thrive to change.

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