

## Food for Thought

### More Tips for Coping with Change

- Find the humor in situations. Someone's going to laugh about it; it might as well be you.
- Don't put energy into reliving the past. Put your efforts into creating a better future.
- Find others who are in the same boat; they'll be able to understand like no one else.
- Develop a plan for adjusting to the change. It's better than constantly reacting.
- When you feel like the challenge has passed, reflect. Take stock of your strengths and see where there's room for improvement.

## We're Social!

Connect with us,  
anytime, anywhere.



Change is the only constant.

## Rocking the Boat, Gently

Much of life is unpredictable, but there is one thing we can always count on – change. Be it the change of one season to the next, or one job to another, or one period of life into the next, change happens whether we like it or not. While we may not always look forward to change, there are a few things we can do to make life's inevitable transitions easier for ourselves and our families.

The first thing we can do is to remember that not all change is bad. Remember the times in your life when change turned out to be a good thing. Maybe it didn't seem that way at first, but perhaps more was revealed as time passed – maybe there was a reason for that big move, or perhaps something good happened when you had to take that new job. Remembering those times when change was positive is a great way to make the prospect of change tolerable.

Something else we can do is to remind ourselves that even when a change is negative, we find the strength and the perseverance to get through it. We grow as individuals by facing and overcoming life's struggles, including those difficult times when things change for the worse. Being able to share our experiences with others after we get through difficult times helps make difficult transitions a little easier to bear.

How well we handle change doesn't only affect us, it also affects our friends and family. If you'd like some free, confidential assistance with this, call Ulliance and speak with one of our Life Advisor Consultants, who would be happy to discuss the changes in your life and how best to cope with them.