



Grow

Life: It's all about change during COVID-19

You can learn a lot by reflecting on how you, your friends and family handled obstacles before the COVID-19 pandemic. What stage of life were you in during those times? What made you “tick” at that time? Who and what were the important people and things in your life?

Now consider the “you” of today during COVID-19 — the person who’s reading this article — and ask yourself the same questions. What changes have you made during this uncertain time? Who are you today? Who and what are important to you now amid our new normal?

Expect change

As we move through life, one thing is absolutely predictable: change. Some dislike or even fear it; others may embrace it. The fact is that change is a normal part of life. Here are some practical tips for coping with everyday changes:

- **Be proactive.** When facing a big change, try to get ahead of it. If your nest is about to empty, consider finding new activities to fill the void. If you’re moving, scope out the new neighborhood beforehand to identify the schools, shopping areas and other places you’ll need. When you’re proactive, you tend to feel more in control.
- **Be positive.** Change can include losses. But change also offers opportunities. If you relocate, you may move away from old friends, but there are new friends to meet. Retirement can mean leaving your old routine behind, but it also means gaining time to pursue new interests. Focus on the positives and possibilities ahead of you.
- **Be resilient.** Adjusting to a change is a process. Building resilience — the ability to bounce back — is a key factor. Another is having friends and family who can provide you with support and encouragement.

If you're nervous about changes at work or your personal life due to COVID-19, consider reaching out for help. Find an online support group or seek professional counseling to help you cope with the changes you're going through.

Change happens. And when it does, we're here for you.



The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law.