



Self Improvement: Coping with Change

Change for the most part can be a good thing. Some of us adapt to change and some of us have trouble dealing with it. You may think you have your workday planned out, but most of the time it does not go as you originally thought. Variables within the workplace are probably the hardest thing to adapt to. There are ways in which you can cope with the smallest of differences to the biggest of challenges. Here I will discuss some of the ways it can be dealt with in accordance to your place of work. Follow these simple tips to more workplace bliss.

1. Identify: Identify the type of change you have to deal with. These changes can be adjusting to a new position, new boss, or newbie co-worker. Change is constant in the world of work – learning how to cope with it is the key to your success no matter what field you work in. If you do not adjust well to circumstances there are ways to cope with the largest of obstacles.

2. Talk: Talk about the changes you are going through at work with your boss, fellow co-workers (if you feel comfortable talking about the change with others), friends, or family. Often others have been through the same type of situation so talking to someone you trust helps tremendously.

3. Time: Give yourself time to accept change. It will take time to get used to the new boss or new protocol in the office, but you will adjust and life will go on. Most of us adapt to changes with time and patience.

4. Good and bad changes: Bad changes can occur in the workplace like budget cuts, decreases in pay, and job loss. The important thing to remember is that even with bad changes something can be taken from the experience. Good changes can bring on stress just as much as bad experiences. Good changes would be a promotion, raise, moving to a new office, or change in responsibility for the better. All experiences are worth something.

5. Talk to a professional: Contacting a licensed professional counselor can give you outside perspective on work situations and change. They will have an unbiased opinion and be able to give you the tools necessary to adapt to change better. Contact your Employee Assistance Program (EAP) for more information. Some insurance policies will pay for counseling. It is definitely worth looking into.

Workplace changes can take a variety of forms and knowing how to deal with those changes and roll with the punches can make or break you in the work world. Change is part of life and the better you deal with it the better things will be. To read more self improvement articles and the best career



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