

How to deal with change and uncertainty

The one constant in life is change. That doesn't mean we ever get used to it or fully embrace it. **Remember God is with you every step of the way.**

Here are some coping skills:

Coping with change involves focusing on what you can control, maintaining routines, and practicing self-care to manage stress.

Focus on Control: Identify what you can influence rather than worrying about uncontrollable factors.

Acknowledge Emotions: Allow yourself to feel uncomfortable, stressed, or sad. Realize that even **positive** changes can cause stress.

Practice Self-Care: Prioritize exercise, healthy eating, adequate sleep, and relaxation techniques to build resilience.

Reframe the Situation: Look for potential benefits, new learning opportunities, or personal growth that may come from the change.

Seek Support: Pray, talk to friends, family, or a professional if you find it difficult to cope. Know God is always with you.

Laughter: It is scientifically proven that laughter helps us to cope with stressful events. A few light hearted moments each day can turn any situation into a more manageable, less threatening and more resilient.

Sources: Stephanie A. Sarkis PH,D and Dana Scoville