



## Navigating change

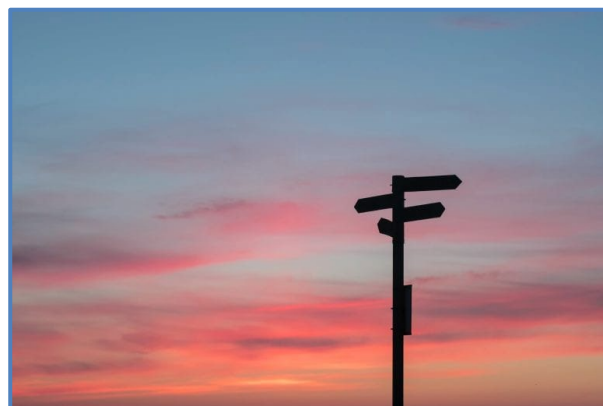
Life changes from moment to moment — day to day. Change is constant and can be positive or negative, sudden or slow. Every single one of us will face changes during our lifetime.

There are a lot of ways to look at and approach change, but it can be represented in three stages:

- Change — The external situation or event takes place
- Transition — The internal psychological process of processing the change
- Adaptation — Launching a new beginning and accepting the change

Common reactions people experience during times of transition include:

- Physical
- Emotional
- Work/Social
- Headaches
- Clenched jaw
- Insomnia
- Weight gain/loss
- Digestive problems



Change doesn't always look the same. Regardless of the exact circumstances, change will always start with an ending.

It can be anything — a job, a living situation, a relationship. It's the end of something "known" that shifts into "unknown." Change tends to involve resistance and denial or an event. The known, even if you're unhappy, can feel better than the unknown because of a reluctance to give up what you know as it challenges your competencies and control.

Take care of yourself during times of transition:

- Exercise; walk off the stress.
- Use stress management techniques.
- Schedule quiet time for yourself.
- Schedule time with positive support of others.
- Spend time on your hobbies.
- Get seven to eight hours of sleep a night.

Sources: [ndbh.com](http://ndbh.com)\*

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