



## Ready For Change?

All of us are aware of the changing nature of change, however many of us are petrified and astonished by changes. It is an ever-happening phenomenon. Sometimes we get to experience it firsthand ,sometimes we see changes happening to others .It's always soothing and comforting to walk into familiar places ,meet familiar faces and follow a routine .Familiarity creates a sense of peace ,there is more predictability, life in itself is very unpredictable so we tend to find happens by creating a sense of familiarity .The harsh reality is we have to deal with change at some point in life ,maybe when you transition from primary to secondary ,when you leave school for university ,when you find a new job, when you start a family.

Changes can be scary and overwhelming, regardless we will have to deal with them.

### What is in our control?

A change whether planned or unplanned can throw surprises at us, the question we will need to ask ourselves is what are the things that I can control-things like our attitude, how we respond/react to challenges, being open to innovative ideas etc are things we can control.

### Prioritise our time and energy.

When there is a change, a lot might be happening around you, there could be multiple areas that will require your attention, it is easy to lose track. Decide which tasks are more important, shift your focus to those tasks. You can move to other tasks once you have completed the more important ones. Shift to your focus from the past to the new opportunities, think how you can bring difference both for yourself and others.

### Accept the change.

Whenever there is change accept ,embrace and act .Changes often involve a lot of unlearning .You have to learn new ways ,get used to new routines, if it's the absence of a person you have to learn to be without that person, if it's a change in school or neighborhoods you will have to change your old ways .Without accepting the change you won't be able to deal with the difficulties and uncertainties .The easiest thing to not to address change at all and assume that by not addressing it will go away on its own.

### Tackling Uncertainty

When you are in situations or with people who are familiar we are less conscious ,we know what reaction and response is expected to a particular cue (to some extent).When there is a change we become more alert and conscious .Doubt and fear starts to engulf .To counter this we will have to acknowledge that when there is a change there is bound to be mistakes ,doubts and confusions. Do not hold yourself back, embrace the situation, make mistakes but learn from them.

### Reflect

Taking time to reflect on our experiences and evaluate our progress allows us to adjust and learn from our experiences. While the past cannot be erased try and focus on the present. Be mindful of your interactions and the interpretations you derive from your interactions. Ask yourself the important question, is it really as it seems?



## Seek support

Change is difficult, stressful, and overwhelming for everyone, especially if it is a big one. Try sharing and expressing your feelings with family /trusted friends. Try journaling to process and understand your emotions better, it will also help you vent.

If you have moved to a new class, school or neighborhood try initiating friendships, ask the kids around if they engage in any activities which you can be a part of it. If you are missing an old friend, teacher, family member let them know how you are feeling.

## Self-Care

Changes can be confusing, hectic, and draining. Do not ignore yourself, do things that would make you happy, try new things you might like it if it does not you can always try other things. Get enough rest, eat well, exercise, and seeking support if needed.

## Seek Help

If nothing works and you are struggling significantly with controlling emotions and you cannot process it, then speak to a professional support group in school. They can offer support, guidance, and strategies.

## Adapting

Change is a natural part of life, and it can manifest in several ways, some more noticeable than others. Changes exposes us to new scenarios or situations that are significantly different from what we have experienced till then. Sometimes this can be overstimulating. We will have to approach change without fear or judgement. Detaching from old routines is hard, it will require conscious effort from our end, however with patience and perseverance we can adapt to new routine. Imagine a life without change, doing exact same thing, being in the exact same place, it will lead to boredom and monotony!

