5 five things you need to know about coping with changes

1. Necessary Changes
Change is a necessary part of life. Accepting change with open arms makes coping with change easier. Most people automatically resist any sort of change until they see how the change affects them. If the change affects them in a positive way, they embrace it, but if the change affects them in a negative way, they resist it. When coping with changes, it is important to remember that even if a change affects you negatively right now, it may benefit you in the future. One instance of this is when you find out that you have a new boss. She may institute new rules that you resist but, eventually, you see that the new rules are better than the old rules.

2. Always Changing
Coping with change is an ongoing process because getting used to even a simple change takes time. By nature, humans thrive on habits and structure. When a routine or habit changes, it seems that it can throw the whole day off course. Whenever possible, make the necessary changes slowly over a period of time so that you can lessen the impact on your life. For example, if you know that you need to get up an hour earlier for work in two weeks, wake up ten minutes earlier each day than you did the day before.

3. Think Ahead
Develop a plan ahead of time to deal with changes that are sudden or that you aren't able to control. To do this, you have to think about your personality and find ways to help you to deal with change in the best way possible. For example, if you are emotional, you may need to have friends available to talk to at any time of day so you can talk about the change and discuss your feelings. If you are assertive, you may consider trying to come up with ideas to help the change go smoother for everyone involved.

4. Friendly Support
When you are coping with change, your friends can be the best support system. Most of the time, friends are willing to listen to your feelings with an open mind. Sometimes, coping with a change is as simple as expressing your concerns. Because every person is an independent thinker, your friend may know some ways to help you cope with the change that you haven't thought about.
5. Know When to Seek Professional Help
Fear of the unknown is natural. Change presents us with a future that is unknown. In most cases, a person will be able to cope with change by simply being rational and realistic. If you find that coping with change is difficult or if a change is negatively affecting your daily activities, it is important to seek professional help. This is especially important if you find yourself deeply depressed or suicidal.