

10 Tips For Dealing With A Major Change In Your Life





Have you noticed that the most stressful times in your life when you experience PAIN, DISCOMFORT, FEAR and ANXIETY tend to happen when you do not accept change, and things are not the way you would like them to be?

Change can come in many forms.

The most obvious might be –

- a job or career change
- returning to work after time off
- a relationship break up or new relationship
- becoming a parent or
- a change in the condition of your health



Other changes might be more subtle, a gradual process or day to day although by no means less significant or impactful.

An example of this might be when your day does not go to plan due to something unexpected happening resulting in your plans needing to change which causes you stress and anxiety. It could be a change in your business or company that you are working for – for example, one of your employees calls in sick and you have all these clients you still need to service, or you are assigned a new supervisor with a different management style that doesn't gel with you. Or it might be a change in your friendships as you move on from certain people in your life.

A fear of or inability to deal with change is often a **fear of or inability to deal with the unknown**. This fear may stem from a core belief about your own abilities or self-worth which **limits or paralyzes you**, leading to a state of being stuck and a lack of self-confidence.



When dealing with change, more often than not, people will generally **accept the changes they like** and **reject the changes they dislike**? Think back to a specific instance recently or in your past where something has changed in your life.

Did you wholly embrace the changes that you liked, and resist the changes you did not like?

When you accept and embrace change, you are able to manage the changes better, and live a **happier and healthier life**.

Change is the only constant in the world. Whether you like it or not, change is all around us. It's how we deal with change that sets each of us apart and defines how we approach and live our lives.

So what CAN you do about it?



Here are **10 TIPS** on how to more effectively deal with *CHANGE* in your life ...

1. Be More Aware of Change

Start by noticing when changes occur around you and journal how you feel as each change occurs. You might begin to identify a pattern in your emotions and behaviour with different changes. By being more aware of how you act and feel around change, you are in a stronger position to then break or eliminate any unwanted patterns and adopt a more desirable mindset and behaviour which will achieve the outcomes that you want.

2. Accept

It is about realising and accepting that change is inevitable. That things will not stay the same. That everything which has a start has to have an end, and everything that is born will eventually pass. If you apply these principles to people, your personal relationships, and your job, you will see it applies right across the board without exception.

The acceptance of life's changes is one of the key steps in breaking the cycle and helping you live a happier life. Sometimes it can seem too hard and it's easier to bury your head in the sand and not accept the changes, but the reality is where ever you look, the changes are still there.





3. Change as a Process

It can take time. Some changes may not happen overnight. It can be a step by step process involving a gradual shift in your thought processes, behaviours, and taking various actions. Be patient, kind and gentle with yourself.

4. Change as an Opportunity

Change your view and approach around CHANGE! Rather than resisting it and reacting with fear, anxiety or dread, learn to see it in a positive light, realise the benefit of it, and embrace it as an opportunity for growth, self-discovery and resolution of unresolved conflicts, issues or emotions.

5. Effect Of Others

To help find the root of our challenges with adapting to change, it's often helpful to be aware of the influences other people have had on us throughout our life. This often can start early for us when we are just children, and we often carry these right through our adult life too, whether we are aware of it or not.

Have you ever wondered why often we repeat patterns of behaviour that we have seen in our parents or people closest to us?

A helpful exercise is to look at the people around you, look at their behaviours and ability to deal with change and see whether any of that is mirrored in you. This can be a useful starting point for you and let's be honest - it can often be quite confronting yet also liberating.



6. Do Not Take It Personally When Change Occurs

When there are changes in events outside of yourself, do not buy into them and waste your energy. If you could do nothing about these external disturbances or changes, then isn't it better to make the choice to accept them than resist something you have no control over?

7. No Judgement

In life, it's the judgements we attach to the changes which can often be the biggest obstacle to acceptance. Accept the change without judgement of it being right or wrong, good or bad, fair or unfair. This will release your energy and focus towards something more productive such as working out the best approach to dealing with the change.

8. Apply Effort

It can often take some effort, persistence, and courage to be able to deal with some of life's changes. So make the commitment to yourself and follow through.

9. Adapt and Be Flexible

The reality is that the best choice that we have is to adapt to the continuous flow of changes that occur in our life and circumstances. To the extent that we resist those changes, we will experience discomfort accordingly.

The key for us is to respond appropriately to whatever shows up for us in our daily life.

Be flexible. This helps us deal with the changes and live a happier healthier life.





10. Set Goals

Formulate goals around how you can best make the change happen in a S.M.A.R.T.E.R. way. Set yourself mini-milestones along the way and celebrate each one as you meet them as a great way to keep you motivated and give you a sense of achievement. If you would like to find out more about goal-setting including taking the stress out of goal-setting and how to turn your goals into a reality, visit **Secrets To Change** at www.mimifong.com.au.

And here is my *final tip*.

Surround yourself with people who will be supportive of your change and help you through it. This could be family, friends, a mentor at work, a coach or someone you look up to and is a role model. Generally speaking, the bigger the change, the greater the ripple effect and the more help and support you may need to make a successful transition.

So if you are struggling on your own or you find that the resources you have at hand are just not enough, I would love you to connect with me.

Remember – **WITH CHANGE COMES GROWTH**. Let me show you how you can make the best out of it and move forwards.

Call or email me and let's set up a time for a chat to find out how specifically I can help, guide and support you towards creating and living the life that you desire and deserve.

All my best

Mimi





www.mimifong.com.au

As a Career Change specialist and Life Change coach, my passion is to help and proactively support YOU through the major changes in your life that you may be struggling to cope with on your own, and help you to move forward with clarity, renewed energy and focus. I do this by helping you to unravel the root of your challenges and teaching you practical techniques and strategies you can apply immediately in your day to day life.

Transitioning from a successful corporate career to being a business owner, returning to work after time off, or balancing your career with being a hands-on parent – these are just a few of the major career, role and life changes you may experience in your life.

Make the transition with CONFIDENCE, EASE and SUCCESS. Let me show you how.

Contact me now at mimi@mimifong.com.au for your COMPLIMENTARY HALF HOUR DISCOVERY SESSION to explore how I can help you and if we are the right fit to work together.

Learn more about the Secrets to Change at www.mimifong.com.au/secrets-to-change

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mimi fong
Master NLP Coach
Master NLP Practitioner
Master in Time Line Therapy®
Master in Hypnotherapy

p: +61 412 911 099 e: mimi@mimifong.com.au
w: www.mimifong.com.au ln: www.linkedin.com/in/mimipwfong
fb: www.facebook.com/mimifong.com.au

With Change Comes Growth
Career Change | Role Change | Life Change