

Thriving

- in times of change

Change is the ever present constant in our lives, but sometimes we all need a little help to find our feet and THRIVE.



Take control of the controllables

Focus your energy on the things that you can control or influence. When you make things happen, you will feel much more positive about the situation.



For more resources to help support your health and wellbeing, visit sovereignresourcehub.co.uk

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How do you feel?

Take time to think about how you are really feeling about the situation. Talk things through with a friend and try to identify what your emotional state is, and what specifically about the change might be causing this.



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Realise what's working

Look for the good things that are still present in your life despite the change. Practice an 'Attitude of Gratitude' for what you have and focus on these when things are tough.



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Identify when you need help

Often we can feel very alone when we are coping with change, which only makes things worse. Don't be afraid to reach out for help and support; this could be from your line manager, colleagues, friends or family.



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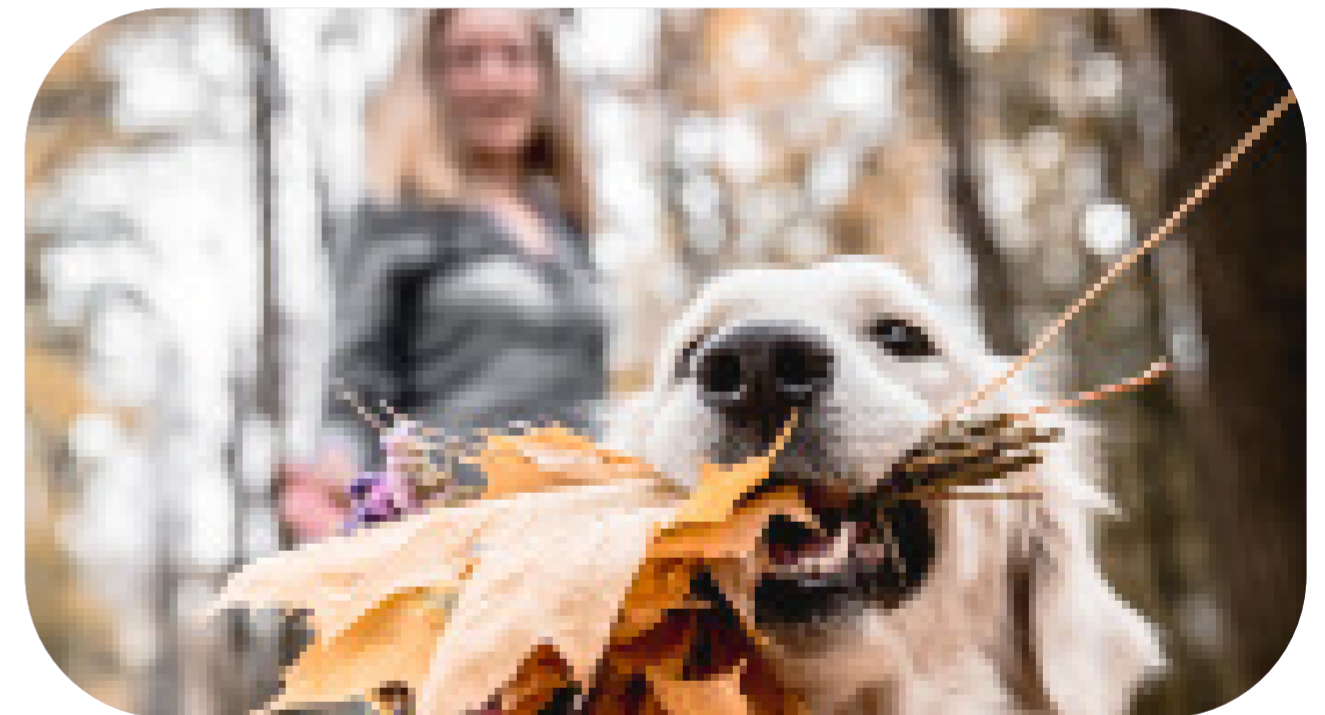
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Value routines

Routines and structures can help us to feel more in control and reduce worry. At the same time, finding and setting new routines can help to refocus your mindset – this could be as simple as finding time for a new hobby, or even a new regular bedtime routine.



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Engage

Fighting change takes up energy and can be emotionally draining. Being part of the process takes away some of the uncertainty, so look for ways to understand more about what is happening and why. Knowledge is key!



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