

# Managing change

## TIP SHEET



**People have to deal with change and transition regularly throughout their lives. Different people can have different feelings about change, and deal with it in very different ways.**

For some people, change can be very scary and unsettling, or associated with grief and loss. Other people may find change exciting, and may even look forward to it.

People have to manage both everyday expected changes, such as children growing up and starting school, as well as more significant, unexpected life changes, like separation or the loss of a family member.

People who have experienced difficult life changes in their past can find that this affects how they deal with future changes. It's important to seek help early, so that when change comes up again, you're best prepared to deal with it.

### Keep these things in mind

When you're managing change, there are a few things you should think about.

- Consider **how you feel** about the change. Do you feel anxiety, joy, fear, grief or excitement?
- Think about your **outlook**. Are you optimistic and do you have an open mind about what's happening?
- Consider the **actions** you're taking. Are you avoiding the change or procrastinating? Are you getting help to manage the change? Or are you embracing the change and putting plans into practice?

### Tips and tricks

If you're finding it hard to manage or plan for change, there are a few things you can do to try to help.

- Start **making plans**. Break up the change into smaller, more manageable steps that are more easily achieved.
- Although it sometimes feels like the easier option, **don't avoid change** entirely.
- Recognise that **change takes time**, so be patient with yourself and give yourself time to adjust.

- If you're finding it hard to adjust to the change, consider going and **talking to someone** about how you're feeling, and what might help. This could be a close friend or family member, or a professional trained to help you.

There are lots of services that can help you to manage and adapt to changes in your life including Relationships Australia Victoria.

### About Relationships Australia Victoria (RAV)

RAV is a valued provider of specialist family and relationship services. A community-based, not-for-profit organisation with no religious affiliations, our services are for all members of the community, regardless of their religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances.

Our vision is for positive, safe and respectful relationships for couples, families, schools, workplaces and communities.

Visit [www.rav.org.au](http://www.rav.org.au) or call 1300 364 277 for more information on our programs, locations and how to access our services.



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