

# HANDLING CHANGE WITH EASE AND REDUCING STRESS



With change often comes stress as human beings take time to adapt. It can be challenging to be out of one's comfort zone and take time to become acclimated to new ways, especially when change arises rapidly. The reality is that the only thing that is constant in life is change. Below are various tips to ensure you safeguard against negative effects of stress and handle changes ahead with ease and grace.

## FOCUS LESS ON OUTCOMES

As humans, we tend to scrutinize and analyze every scenario and by doing so we have taught ourselves to become hyper-focused on outcomes. Many times the way things play out is how they are meant to be, yet we find that we resist what occurs. We are meant to experience life in real-time, in the present moment. Being too focused on a hypothetical outcome in the future often sets us up for disappointment or regret. If you find your mind hypothesizing an outcome, instead bring your awareness to your heart. Be present in the moment and remind yourself that there is always a solution for everything and life is a gift.

## STOP COMPARING

Comparison is the thief of joy. There are many resources online about this topic. The moment you begin to compare to the way things were, where you were, what you did, etc. you are no longer present. If you are no longer present you are not experiencing the current moment for what it is. When we compare ourselves to others we think of what we don't have, or think from a place of lack, rather than from a place of abundance. When we find ourselves comparing to another time or another person, we can remind ourselves what we have to be grateful for and what brings us joy.

## STRESS REDUCING TIPS

- » **Get proper amounts of sleep** - go to bed and rise at the same time each day/night. Getting your body into an adequate rhythm that becomes familiar is beneficial for all systems in your body as well as your energy levels.
- » **Nutrition** - eating well is critical to stress reduction. Foods high in refined sugar, processed foods, and complex carbs are tough on the digestive system. The body can lose energy by being over-worked to break down foods that are not natural to the human body. Focus on vegetables, fruits, grains, healthy fats, and proteins. Natural supplements and vitamins of which your body may be deficient, are beneficial for some. It's best to consult a practitioner to determine what is right for you. Anyone that takes prescription medication should be sure to consult their physician before incorporating any new vitamins or supplements as well.
- » **Exercise** - moving the body daily is key. Human beings are designed to move, not be sedentary. Choose the activities and movements that work best for you and make it a routine. Switch up which activities you do on occasion to avoid getting bored and be sure to incorporate exercises that raise your heart rate at least three times per week for your cardiovascular health.
- » **Hydration** - like the Earth our bodies are made of mostly water. Throughout each day we get depleted of water and need to replenish ourselves. All systems in the body operate more effectively when well hydrated. The recommendation for water intake varies greatly depending on who you ask or what you read. The truth is that each person has their own unique hydration needs and there is no one-size fits all answer. The best thing to do is check with your doctor for the right amount for you.

- » **Exposure to nature** - being outdoors, breathing fresh air, hearing the birds, viewing greenery/trees can soothe the nervous system and calm the mind. Make it a point to get outside daily if possible and even bring nature indoors with live plants and nature sounds.
- » **Meditation and gratitude** - being still and focusing on nothing but our own awareness is a valuable exercise for our energy and mental health. We are often so distracted by the external world, and getting to a place of calm, inner peace is met with grace. Gratitude expression, be it verbal, silent or written, creates a boomerang effect where you begin to attract that which you want more of and less of what you don't want.

## CREATING NEW ROUTINES

With the reopening of the workplace, life will once again shift and it's important to be ready for some hurdles along the way. Know that with your new working routine, you may also need to create new personal or family routines. For example, perhaps you set your alarm 30 minutes earlier so you can practice self-care or exercise. Or perhaps you come home an hour later so that you can do these things at the end of your day. Are you able to set healthy boundaries at home, allowing each family member the time and space for self care? Be receptive of your emotions and feelings and create routines that will allow you to decompress and recharge.