



Adapting to change

Thought building mental resilliance

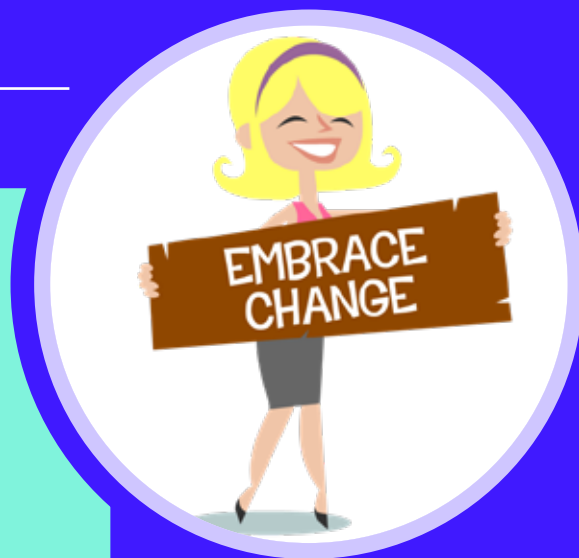
A Liggy Webb and Simplyhealth
collaboration



Has coronavirus flipped your world, too?

The world has changed dramatically in a matter of weeks. Most of us are having to find new ways of thinking and living. Simplyhealth has been helping people with their healthcare for nearly 150 years. So we have plenty of resources to help you manage your new reality – and make your lockdown and self-isolation a bit more manageable. We've collaborated with award winning author Liggy Webb to bring you an e-book series based on her bitesize books.

The first of the series is adapting to change, we hope you enjoy the read.



Liggy Webb and Simplyhealth Working together to help you adapt to change

With the unprecedented impact that coronavirus is currently having on the whole world, we're all experiencing a change of pace that may seem disruptive, overwhelming and, at times, exhausting.

It seems that every aspect of our lives is changing, including the way we work, the way we communicate, the way we shop, eat and entertain ourselves. Some of us are in self-isolation, and we're all social distancing. Life as we know it is starting to feel very surreal and we're all being asked to adapt in ways that perhaps take us out of our comfort zone and may feel chaotic, confusing and frustrating.

This is a situation you cannot control or stop. What you can do, however, is learn how to respond to it and deal with it in the most positive and constructive way. Listening to the advice that you're being given to stay safe – and to keep others safe – has to be the number one priority.

We're all different!

When it comes to change, we're all unique and we'll respond differently. Some people thrive on change and see it as stimulating and exciting. Others become very stressed and agitated, and see change as something that destabilises their entire existence. We are, after all, creatures of habit so it may be that we're currently grieving for the life we had before the coronavirus pandemic.

Learning quickly how to adapt to change will help you adjust to this new way of working and living more easily. If you can learn to accept what is being asked of you and not resist those demands, it will help you to use your emotional energy to influence your situation.

Sometimes the way you view a situation could be narrow because you perceive it through your own filter. It's important to examine your changing situation from all angles. Be careful not to get stuck up a one-way street with your thinking. Keep an open mind – you have an opportunity to be curious and learn so much from your new way of living.

It's also helpful to accept that you will most likely experience a range of emotions during the period of change. You may feel unhappy, fearful, insecure, unsettled and frustrated. On the other hand, you may feel enthusiastic and curious.

Any of these emotions will have an impact on your energy levels, so it is important to bear this in mind and accept that the experience could well be an emotional rollercoaster. During this time it is important to look after your wellbeing and be kind to yourself.



Be positive

Having a positive attitude about any kind of change, especially change you can do nothing about, is by far the best approach. If you only focus on the negatives, then it is likely that you will manifest them. While it is important to understand some of the risks and pitfalls involved, it is also important to seek out and focus on the positives.

In every given situation, no matter how challenging, if you look hard enough there will always be an opportunity. Even the most difficult and painful experiences will help to strengthen your resilience and build your toolkit of coping mechanisms for the future.

Break it down into manageable chunks

When you are dealing with a big change in your life, wherever possible it's best to divide the bigger change into smaller chunks and take them one step at a time. Most change involves several stages and you don't need to take them all at once. When you feel overwhelmed by the enormity of the change, concentrate on the step you've reached, rather than the bigger picture.

Dealing with change can be challenging and sometimes you may feel confused or scared. You don't need to cope alone. Reaching out and talking about what is going on and how you are feeling can help you to create perspective and get some reassurance and advice. A supportive colleague, manager, family member or friend can be just the tonic in times of turbulence and change.



Your take-away

As you embark on these new challenges, take time to stop and reflect on what you are learning and celebrate your successes along the way.

Liggy Webb is an award winning and bestselling author, presenter and international consultant.

She is also the founding director of The Learning Architect, an international consortium of behavioural skills specialists. She is recognised as a thought leader on human resilience and works with a wide range of businesses focusing on optimising potential through continual learning and behavioural agility.

Liggy believes that the diversity of her clients has provided her with a tremendous insight into the many and varied challenges that people currently face in a rapidly changing and often volatile world.



Ten tips on how we can deal with change

You've started home-schooling your kids. You're working from home off the dining room table. Everyone is in the house, or no one is. You're limited on where you can go, and how long you can go out for. All of these scenarios are being experienced in households across the UK.

So what do we have to do? Adapt. Adapt to change. Adapt to this new way of life for the time being. Now we know that may sound daunting, which is why we've called upon Liggy Webb to provide that much-needed light in the dark.

Liggy is a trusted source on life skills and has developed ten tips we can all use to make the most of change. You know it can be a good thing, rather than a burden. Have a read through, and let us know if they work for you.

1

Embrace change

When you feel that change is being inflicted on you, it can be a natural human reaction to resist it and even feel resentful. The best use of your valuable energy, however, is to accept it, own it and explore ways that you can positively influence your change in circumstances.

2

Be curious

By keeping an open mind and being curious about your changing situation, it's amazing how much you'll learn. Asking questions and listening rather than making assumptions will help you to explore fresh perspectives and experiences.

3

Prepare your emotions

Accept the fact that you may be emotional during this time. In the face of uncomfortable change you may feel unhappy, fearful, insecure and frustrated. Negative emotions will have an impact on your energy levels so it's important to be kind to yourself.

4

Relax and pace yourself

When change happens and you have no control over it whatsoever, it can create a great deal of tension and sap your energy. Taking time out for relaxation and creating moments of calm by pacing yourself will help you to deal with your situation with a clear head and a sustainable approach.

5

Be positive

Having a positive attitude about change and how you adapt to it is by far the best mind-set to learn. If you enter into a changing situation believing that it's negative, then you're more likely to experience negative outcomes. While it's important to understand some of the risks and pitfalls involved, it's also important to focus on the possibilities.

6

Keep calm and carry on

This Second World War expression is still apt today. Some people panic when change happens because it destabilises their world. Keeping up with as many familiar routines as you can will be a helpful reminder of how much there is in your life that isn't changing, and help you to create islands of sanctuary through any disruption.

7

Get support

If you're struggling and finding it hard to adapt, then ask for help. A supportive family member, friend or work colleague can be the very best tonic and also help you to get another perspective as you learn to adapt.

8

Challenge your perspective

Sometimes the way you view a situation could be narrow because you perceive it through your own filter. It's important to examine the changing situation from all angles and ask yourself: what else could this mean?

9

Chunk up change

If you're adapting to a big change, where possible, try to divide it into smaller steps. When you feel overwhelmed by the enormity of the change, concentrate on the step you've reached, rather than the bigger picture.

10

Make a plan

Change can be overwhelming, especially if your mind races and you start to imagine all sorts of things that could happen. A good way to regain control and settle your mind is to make a visual plan – prioritise what you need to do and then start by taking one small step at a time.



If you enjoyed this e-book, then you'll love our new content hub which we're updating all the time to keep you informed whilst looking after your mind and body.

**You can explore it here
[simplyhealth.co.uk/coronavirus](https://www.simplyhealth.co.uk/coronavirus)**

