

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 divorce, the loss of a family member, or changes occurring as a result of the COVID-19 pandemic.

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? Or are you embracing the change and putting plans into practice? Are you getting help to manage the change?

! 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.

Need support?

Visit www.rav.org.au/counselling to find out how our counsellors can help, or to access more free tip sheets, visit www.rav.org.au/resources

About us

Relationships Australia Victoria has over 70 years' experience providing family and relationship support services across Melbourne and Victoria.

We are committed to providing safe, inclusive and accessible services for all people.



We acknowledge the Aboriginal and Torres Strait Islander peoples as the Traditional Owners of the lands and waterways of Australia and we support Aboriginal people's right to self-determination and culturally safe services.

We recognise the lifelong impacts of childhood trauma.

We recognise those who had children taken away from them.

Relationships Australia
VICTORIA