EMBRACE CHANGE IT’S FOR THE BETTER

by:
Lanie D. Lalic
Pagalanggang National High School

Everything is changing and there is learning. Here are some ways to cope with positive change.

1. GO HEAD + LET IT SHAKE YOU UP.

Even when change is awesome, it can throw you for a loop. Don't resist that fearfulness. Instead, embrace it, allowing yourself to feel a bit out of sorts and shaken up. That's one of the best things about positive change—it changes things. Even when change is good, it's tempting to resist it, but try to go with it, let it shake you up, and see how it feels to push out of your comfort zone. It's okay to be afraid of change—most people are—and sometimes that fear is actually a sign that you're moving in the right direction.

2. TRY TO STAY IN THE PRESENT MOMENT.

One of the reasons change—no matter how positive—is challenging is because it often causes us to remove ourselves from the present moment. Instead of going about our day-to-day lives, not giving too much thought to what's next because we've grown comfortable with our routines, big changes urge us to think (perhaps too much) about the future, filling the mind with worries and concerns, like Should I take this opportunity? What will come next? What if it doesn't go as planned? Don't allow these questions to override the joy of the opportunity appearing before you right now.

3. IMAGINE POSSIBILITIES, NOT PROBLEMS.
If you must think to the future (and, we all must, from time to time), try not to focus on what could go wrong, but instead what could go right. Push yourself in a positive direction by envisioning how this positive change can be a good thing. Spend time daydreaming about all of the ways things could work out well—and don't be afraid to dream big. You never know what one big change can do, and if you allow yourself to explore the future from a positive perspective, the possibilities are endless.

4. SPEAK ABOUT IT WITH OPTIMISM.

When something good happens to you, it's sometimes tempting to hedge the good news with phrases like, "But I'm not sure if it will work out..." or "I still don't know how it's going to work, but..." or "I'm not sure I deserve this, but..." It might be true that you're uncertain or feel undeserving (even if you shouldn't!), but everything we do is uncertain. You don't know what's going to happen (none of us do with 100% certainty!) so you might as well focus on the potential of a positive change.

Why not embrace change? If change is going to happen welcome it in a positive way so that resistance against it will not cause any hard feelings. In real life, change happens constantly. You can fight it or welcome it. It’s your choice.

References:

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