

# TAMING OLIVIA



## COPING WITH CHANGE.



# Coping with Change

**C**hange can be unsettling. Whether it's a major life-style shift or something like the weather impacting upon our sleeping habits, change can leave us feeling vulnerable. Even good changes can interrupt routine and leave us coping with feelings of loss and uncertainty!

**W**e all have different levels of tolerance to change and that is totally okay!

**S**o, what can we do about it?

**W**ell, the good news is that, like most other skills, we can learn how to make change a little less impactful.

## **LET'S GIVE IT A GO!**

### **ACTIVITY:**

Let's start with thinking about some of the changes you might be going through at the minute. It may be one big change or a combination of smaller ones. Jot down whatever changes are effecting you at the minute in the 'Changes' column on the table at the back of this pack.

**H**ere are a few ideas to get you started.

change of living situation - pregnancy - change of job  
a new teacher - a change to weekly structure  
a change to health - additional demands at work  
changes to income - changes to a friendship



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**N**ow let's think about how the changes we noted in the last activity might make us feel. It's usual for change to bring about all sorts of emotions, both positive and not-so positive, and if we have the words for these emotions, it is easier to recognise when they are effecting us. This in turn helps us to know when it'll be helpful to employ some useful strategies.

**S**ome of the more positive emotions we can experience surrounding change are:

empowerment - positivity - happiness  
excitement - hopefulness - pride  
ambitiousness - courageousness

**O**n the other end of the scale, some of the less comfortable emotions are:

discomfort - frustration - anger  
sadness - hopelessness - fright  
powerlessness - confusion -  
grief and loss  
feeling unsettled - regret

**A**nd it's this second bunch of emotions that can prove unhelpful or affect our health. These are the ones it's helpful to have some strategies in our back pocket for!



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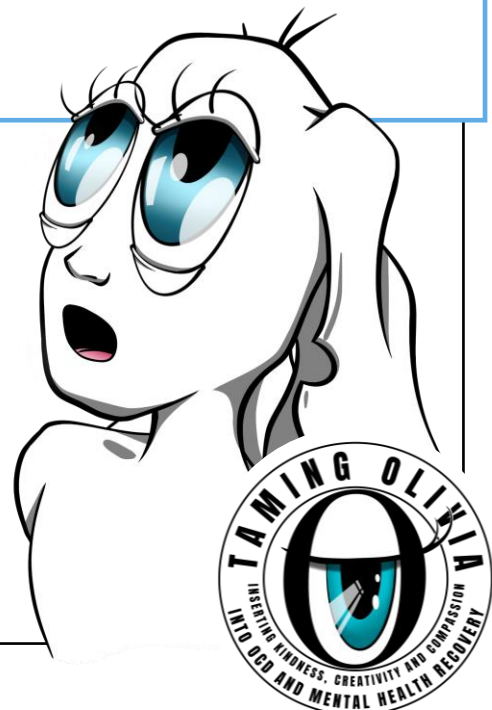
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## ACTIVITY :

**L**et's revisit the table. Take a look down the changes you listed in the first column. Think about the range of feelings that come up as a result of each change. You can use the prompts on the previous page to help and of course you can always add your own too!

**A**dd any emotions to the 'How they make you feel' column of the table.

**T**ry to list any positive emotions too, although don't worry if all you feel is scared and stressed, that is totally normal and what we'll be addressing in the next activity.



# Okay let's talk strategies.

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**Keep as much of your routine in place as possible** – having a routine encourages us to take control. It can also help make sure we put self-care activities into our schedule.

**Practice using compassion** – Change is unsettling. It is highly likely that it will cause all sorts of uncomfortable emotions. Keep an eye out for negative thinking and self-criticism!

**Repeat what worked before** – we often know way more about ourselves than we realise. Think back to times of change before and what helped.

**Ask others** – ask other people what they do to help them deal with change. We can learn a lot from other people! For those of us with OCD, we need to stay a little mindful and make sure this remains a fact-finding activity and doesn't slip into seeking reassurance. We know how sneaky OCD likes to be!

**Keep up with self-care activities** - we do not need to take endless baths surrounded by candles - although if this helps that's great news! Self-care can look like reading helpful books, cooking, getting enough sleep... there are endless ways to take part in self-care. It is important we plan to put this in to help provide some sort of balance.

## ACTIVITY :

**H**ave a look back at the table. Keep in mind some of the ideas mentioned above, and any others you'd like to try on top, and enter them into the 'Helpful Strategies' column.

- Do you think the same strategy will help with each or are different strategies suited to different emotions/intensity of emotions?



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## ACTIVITY:

Just as a little last activity. It's always helpful to think about how we can make space in our day-to-day lives to carry out the suggestions in our 'Helpful Strategies' column. It can be extremely challenging to make some space in our busy lives, but it's well worth considering how you could do it. There are a few lines below for you to jot ideas down if you'd like to.

## EXAMPLES:

1. I will cook one very easy and quick meal this week and this will give me time to do some reading/self care activity/hobby
2. I will go to bed earlier one night a week and to ensure this I will ask my partner to put the children to bed.



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## **JUST AS A LAST NOTE.**

**S**ometimes, change can have a big impact upon us. The sort of impact that can make us feel extremely anxious or depressed. Keep an idea of what that might look and feel like for you, and reach out for professional support. Sometimes having the chance to talk to someone else can make all the difference.

**I** hope you've found this pack helpful.

**K**eep an eye out for more in the next newsletter.

**SENDING YOU ALL  
LOADS OF LOVE,**

Cat xx





# *Coping with Change*

CHANGES	HOW THEY MAKE YOU FEEL	HELPFUL STRATEGIES