

**EP9 Dealing with Change:** How we can better adapt to Change as we go through transitions in our lives

Dealing with Change as it occurs in our lives can be hard and overwhelming, not to mention stressful. In this episode, Emeka talks about the challenges we go through in the midst of change, and shares tips on what we can do to better manage the process of Change, while maintaining a positive and happy outlook on life.

Thanks for listening :)

Emeka's Takeaways

### **Challenges we face when dealing with Change**

- Acceptance/Resistance to Change
- Stress & Anxiety
- Fear of Change
- Loss of Control

### **Tips on how we can better deal with Change**

- Embrace Change, look for Inspiration in the change, don't be in denial
- Focus on being strong, healthy, fit and resilient.
- Practice relaxation techniques- Meditation, deep breathing
- Focus on the positives as a result of the change
- Focus on your strengths and values
- Seek the support and counsel of others
- Be patient with yourself and others