

MENTAL HEALTH MOMENT

Dealing With Change



- 1 Start Small. Don't overwhelm yourself with major changes. Alter one small thing. Over time, these will add up to the intentional life you crave.
- 2 Connect. Put love and friendship first in your life, scheduling dates with others.
- 3 Focus on "Now". Rather than disperse your energy with multitasking, take one job, one person at a time.
- 4 Release stress by getting negative feelings out of your body. Grab a pen, write down your thoughts.
- 5 Practice Gratitude. It's hard to feel gratitude and stress at the same time. Devote five minutes a day to giving thanks for all the gifts in your life- starting with your breath, the source of everything.

FUN FACTS ABOUT CHANGE

- ↔ People aren't opposed to conscious change nearly as much as they are opposed to change they didn't think of.
- ↔ Change is hard because people crave what they already like. You have never craved a food you haven't tried, and change operates on a similar dynamic.
- ↔ Leaders crave change more than most people do because they're, well . . . leaders. Your passion level is always going to be appropriately higher than most people when it comes to change. Just know that's how you're wired and don't get discouraged if your passion for change is higher than others.
- ↔ Usually, no more than 10 percent of the people you lead are opposed to change- maybe 30 percent at the high-water mark. But are you really going to sacrifice the majority and the future for the sake of a small group of opposition?