

Q: How can I adapt to rapid change?

A: Here are some helpful tips if you're struggling to keep up with a fast-moving world:

- 1 **Realize that you'll need to adjust.** In the long run, facing change is better for you than ignoring the situation. Give yourself time to adapt.
- 2 **Remember:** Good changes may be stressful, but they're still positive events.
- 3 **Maintain regular routines** when possible to provide some stability.
- 4 **Keep up healthy habits:** exercise, adequate sleep, relaxation and wholesome eating.
- 5 **Take a break** from the news.
- 6 **Avoid relying on** drugs, alcohol or tobacco.
- 7 **Confide in others** to feel less isolated.
- 8 **Find things to be thankful for.** Look for positive opportunities.
- 9 **Address changes proactively.** Before a hectic workweek, cook make-ahead meals and finish chores on the weekend.
- 10 **Trust that you can persevere** and tackle changes constructively, as you have in the past. Keep moving forward 1 step at a time.

— Eric Endlich, PhD