

How to adapt well in a changing world.



Change is inevitable for us all, especially in today's modern world. Changes can be positive or negative, but any change can make some people feel apprehensive and anxious. Some people embrace change and the challenges and opportunities it brings, while others feel worried or stressed. Some of the most difficult changes to deal with are those that are out of our control.

We need to regularly spend time reflecting on our existing thinking and habits.



Our ability to learn, unlearn, and relearn helps us stay adaptable and relevant.

Most people can handle some change, but this can become difficult when there is too much change, all at once. Especially when there is no clear reason or benefit for it. Lack of information can intensify these feelings of uncertainty and result in anxiety.

When we don't have all the information, we may fill the gaps ourselves, sometimes imagining the worst, which can lead to greater anxiety and worry. It's hard not to be reactive. It's better to take time to pause, gather all of the information and then calmly consider our options. This should lead to less stress.

Change is essential for growth. Without change, there is no progress or personal development. We're usually open to change when we see clear benefits. But we're more likely to resist changes we don't like or understand at first. Even unwelcome changes can teach us valuable lessons. Facing challenges helps us build resilience.



It is not the strongest of the species that survives, nor the most intelligent. It is the one that is most adaptable to change.

Charles Darwin

How to adapt well:

Avoid catastrophising

Speculating on the 'what ifs' can lead to feelings of fear and despair. Stepping back and staying calm can help break this cycle. We cannot predict the future, but we can choose how we respond.



Understand your emotions

Change can bring a mix of emotions, like fear, anger, and resentment. Too much change at once can lead to us feeling fatigued and even depressed.

Be curious & learn from past experiences

Stay open-minded and curious during change can help reduce anxiety. Asking questions and listening, instead of making assumptions can help provide valuable insight and perspectives.

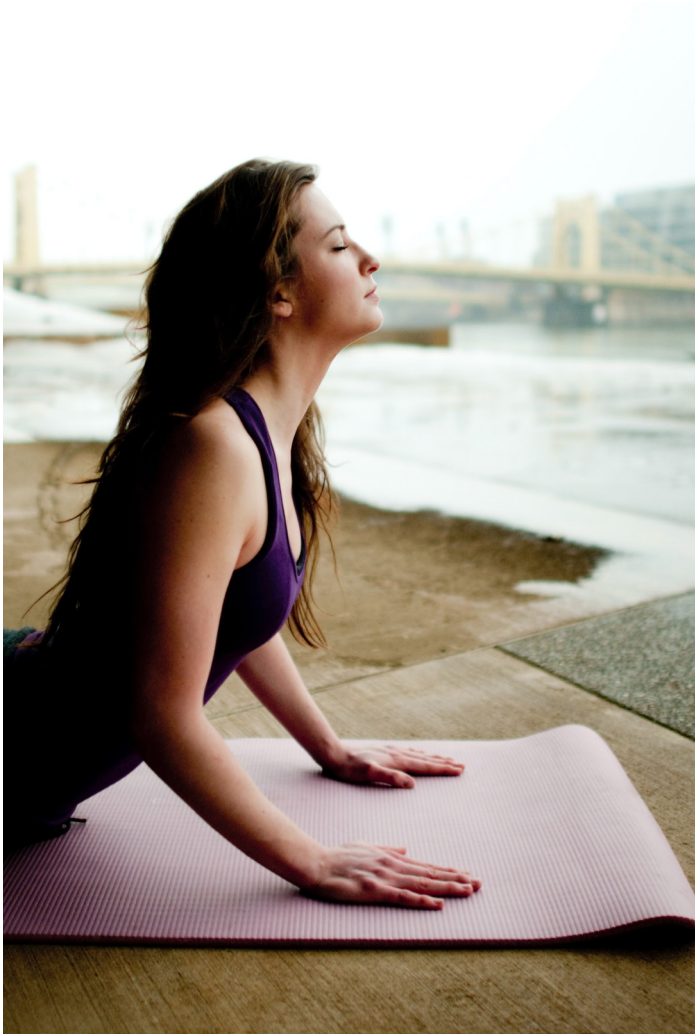
Accept and embrace change

When change feels forced upon us, it's natural for us to resist it. It's more helpful to accept what we can't control and focus on how we can respond positively. Choosing to be positive, stay open-minded and curious during change can help make it easier to handle tough changes. Often our greatest growth happens outside our comfort zone.



Focus on what you can control

When life feels overwhelming, we can feel out of control. At these times, it's helpful to focus on what you can control. This shift can reduce stress. Making a list of those things can help bring clarity.



One step at a time

When you're adapting to a big change, where possible, breaking it into smaller chunks can be useful. Taking one step at a time can make the change feel less overwhelming. Remember, small improvements can lead to huge results over time.

Establish healthy routines

Healthy routines give us stability during uncertain times. A structured day helps us feel in control, stay focused, and build good habits that support our wellbeing.



Get support from others

It can help to talk to family, friends or a colleague about how you are feeling, during difficult times. We all need support at times.

Plan and review

A great way to maintain control and settle our minds when we are going through change is to write everything down. You can then tick off each task when it's complete.

Think of the opportunities

Could this change be an opportunity? It's good to look at things from a different perspective.

Manage your stress levels

Difficult changes can be stressful. It's important to notice what triggers our stress and how it affects us. When stress builds, taking time to rest and recharge helps. Looking after our wellbeing makes it easier to handle change. Imagining the worst will not help the situation, try to stay calm. To help you could try mindfulness or meditation. If you are feeling stressed and want more information, read our guide [here](#).



Building Resilience

How we handle change and respond to challenges is determined by our resilience levels.

The word resilience is derived from the Latin verb *resilire*, meaning to 'jump back' or 'rebound'.

Resilience is the ability to adapt and recover after facing difficulties, including adversity, trauma, tragedy or threats.

It's about building a strong mindset that helps us to overcome challenging experiences and grow from them. These abilities can also help us to be more open to new opportunities.

The 3 pillars of resilience emphasise the importance of accountability, agility and attitude.

How to build resilience:

Know yourself – take time to reflect on your values, strengths and weaknesses. When you understand yourself better, you build confidence in your own ability to handle challenges and how to respond in a crisis.

Think positively – resilience is about how you respond to each situation. Focus on what you can control, practice gratitude and look for lessons in setbacks. Replace negative self-talk with encouraging thoughts.

Manage your emotions – learn to understand your emotions and what triggers them. People who understand their emotions tend to be more resilient.

Cope well with conflict – conflict can help you see new perspectives, understand others and improve your communication skills.

Embrace change – change is part of everyday life, it helps you to grow, stay flexible and succeed in an ever-evolving world.

Look at the opportunities – build strong problem-solving skills to help when you are facing adversity.

Let go and move on – Letting go doesn't mean forgetting or pretending things didn't matter, it means choosing to move forward with purpose.

Make positive connections – strong supportive relationships with friends, family and colleagues help you stay resilient during tough times. Talk to people you can trust and don't be afraid to ask for help.

Prioritise your wellbeing – eat well, get enough sleep and stay active. Looking after your body helps you to stay strong and better cope with stress and life's challenges.

Accountability

taking on responsibility for your own actions. When you're accountable you will feel more confident, in control and empowered to handle setbacks.

Agility

being flexible and open to learning. It means adjusting your behaviour and mindset to handle change and grow from it.



Attitude

keeping a positive outlook helps you stay hopeful and see opportunities, even in tough times.



Visualise hope – picturing a better future helps you to stay motivated and emotionally strong, even when things are difficult. Hope gives you direction and energy to keep going.

Face challenges – step out of your comfort zone regularly. View failure as part of learning and growing.

Set goals and stick to them – start with small, realistic goals and build on them. Stay committed even when things get hard.

Practice self-compassion – be kind to yourself when things go wrong. Forgive yourself, learn from the experience and keep moving forward.

Police Mutual Services

Worrying about money can be extremely stressful and may lead to mental health conditions. Police Mutual are here to help. We want to break down the stigma surrounding debt and get people talking about money.

We've teamed up with **PayPlan***, one of the UK's leading free debt advice providers, who offer free and confidential advice to anyone in serious financial difficulties.

They're able to advise you on a range of debt solutions suited to your individual circumstances, helping to protect you and your family with a sustainable way to manage your debt.

Get free and confidential help to combat your debt, call **PayPlan*** on **0800 197 8433**.

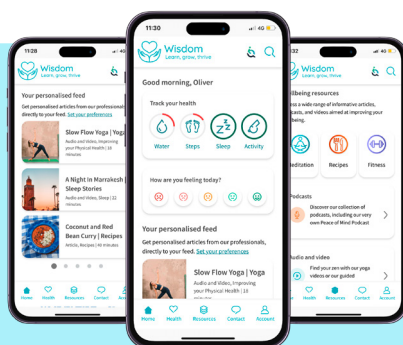
Our Care Line Service provided by Health Assured can offer advice and information, helping with a range of concerns including emotional support.

To read more of our wellbeing guides take a look at our Wellbeing Hub [here](#).

Call us 0151 242 7640 Visit policemutual.co.uk. We're open from 9am - 5pm Mon - Fri

Wisdom App

Download the Health Assured App and register today - your code is MHA107477



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