



4 Things You Can Do To Improve Your Acceptance of Change

Are you faced with a change that you just can't accept? Or, maybe you are someone who gets stressed out any time there is a change announced. Here are 4 things you can do to improve your acceptance of change.

1. Ask Questions

The reason that change is hard for people is because they don't have a clear picture of what the new normal is going to look like. When you find out about a change that is coming, you are likely going to have a lot of questions that you need to get clear about in your mind in order to feel like you have a handle on what the change really means to you. Give yourself a couple of days to come up with a list of questions. Many times, questions will come to you over time, so just give yourself that time. Once you have your list of questions, set up time with your manager, the person who is in charge of the change, or whoever you think the right person is.

2. Accept that Change is Going to Happen

Change is constant. Businesses must change in order to thrive. You play a major part in ensuring your company can thrive by embracing the changes as they come. However, many people think of change as something unique. When a change comes, they react to it as if they weren't expecting it. This is all about mindset. Change isn't unique. It happens nearly every week in companies. Set your mindset so that you consider change to be the norm.

3. Look Back on Changes that Have Happened

A lot of people say 'I'm not good at dealing with change,' as if it is something they were born with. The reality is that you've gotten through a lot of change in your career. Think back to some of the biggest changes in your life. List 3 or 4 changes that, when you first learned about them, you were very resistant. Now, think about how your life was changed as a result, and how that change has impacted you, where you stand today. Many times, changes that we think are major at the time, turn out to be no big deal in the end.

4. Embrace the Productivity Hit

Many changes are going to impact your productivity. You have to go into the change accepting this. Any time the change is impacting a process or system that is part of your routine, learning the new way is going to mean you are slower than you used to be. But, remember, you used to be slow at the routine you are currently using. Over time, you became an expert at it and you will again.