



Why Change?

Change can be difficult, even when it is change to something better like a new home, a new job or a new relationship. Why? Because it means doing things that are less familiar, learning new information and skills, and having experiences you haven't had before. When you are feeling stressed, it is particularly hard to change because you don't feel you have the energy, time or opportunity to try something new.

For this reason it is important to remind yourself why change is worth the effort. Here are a couple of things to keep in mind:

- **Change allows you to have new experiences.** Not doing anything or doing what you have always done won't make you feel any different or stretch yourself. And this can be a bit boring and is unlikely to yield novel outcomes. New experiences can a bit strange at first, but they are also exciting, interesting and fun. You deserve these.
- **Change helps you to learn new skills.** Doing things the same old way, especially if it isn't working, makes it hard to learn anything new. It makes you feel like you don't have choices and things will always be the same. Trying something new gives you choices. Remember when you learned a new sport, foreign language or software program. It may have been awkward or hard as you were learning but it became easier with practice, until eventually it became second nature.
- **Change gives you power.** Not doing anything often comes from feeling that a situation or problem is someone else's responsibility or fault. This makes you feel powerless and helpless. But you have choices in what you think and do. Working to change takes back your control and makes you stronger.



*We would rather be ruined than changed;
We would rather die in our dread
Than climb the cross of the moment
And let our illusions die.*

W.H. Auden