

## Change — Life's Only Constant

Dealing with change is a common struggle we help address at Ulliance. Career transition, job role changes, and changes in the responsibilities of the job are some of the issues that arise on a regular basis. Much of life is unpredictable, but there is one thing we can always count on – change.

While we may not always look forward to change, there are a few things we can do to make life's inevitable transitions easier for ourselves and our families.

1. **Remember that sometimes change is good!** Think about the times in your life when change turned out to be a positive thing. Maybe it didn't seem that way at first, but perhaps more was revealed as time passed – maybe there was a reason for that big move, or perhaps something good happened when you had to take that new job. Remembering those times when change was positive is a great way to make the prospect of change tolerable.
2. **Change – good or bad – strengthens us.** Even when a change is negative, we find the strength and the perseverance to get through it. We grow as individuals by facing and overcoming life's struggles, including those difficult times when things change for the worse.
3. **Change brings wisdom.** Think about the life lessons you have imparted to children, friends, or co-workers. Would you have had such wisdom to impart if you hadn't gone through a big change in life? Knowing that we will be able to share our experiences with others after we get through difficult changes helps make those difficult transitions a little easier to bear.



## The Wisdom of the Ancients

Speaking of wisdom, those of us who struggle with change might do well to check out the work of ancient Stoic philosophers. Stoicism is a branch of philosophy founded by Zeno in the early third century. The Stoics believed that by regulating your emotional response to a given situation, you can ultimately control the impact of said situation.

The Stoics were early proponents of the internal locus of control. "If a person has an internal locus of control," writes Richard B. Joelson DSW, LCSW in *Psychology Today*, "that person attributes success to his or her own efforts and abilities." This is in contrast to an external locus of control, where one's success or failure is attributed to external factors such as luck or the environment.

The Stoics believed that it isn't the things that happen to us which make us unhappy, but rather our reaction to them that causes those ill feelings.

If your boss shares some constructive feedback and it ruins your day, it's likely that the feedback itself isn't causing you distress – rather, the feelings of insecurity or perhaps disappointment in your efforts are what's making you feel less than stellar. By extension, if you can control the way you think about things, it might positively impact the way you feel about them.

"The universe is change; our life is what our thoughts make it."

– Marcus Aurelius

## Hungry for More?

Ben Michaelis, Ph.D., a contributor to the Huffington Post has compiled a list of great reads if you'd like to learn more!

[\*The Four Agreements: A Practical Guide to Personal Freedom\*](#)  
by Don Miguel Ruiz

[\*The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun\*](#)  
by Gretchen Rubin

[\*The 7 Habits of Highly Effective People\*](#)  
by Stephen R. Covey

[\*The Element: How Finding Your Passion Changes Everything\*](#)  
by Sir Ken Robinson, Ph.D.

[\*A Return to Love: Reflections on the Principles of "A Course in Miracles"\*](#)  
by Marianne Williamson

## Ulliance Can Help

How well we handle change doesn't only affect us, it also affects our friends and family. If you'd like some free, confidential assistance with this, call Ulliance and speak with one of our Life Advisor Consultants, who would be happy to discuss the changes in your life and how best to cope with them.