

Coping with Change

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In recent weeks, it is hard to find anyone without any aspect of their daily routine impacted.

The alterations coming from ever changing regulations can be complicated, upsetting, and overwhelming for anyone to deal with.

Although, among one of the groups at high-risk, those over the age of 65 years old, these changes can seem to compound.

No longer being able to freely see family, leave one's residence, grocery shop, or work can be struggles that unexpectedly appear.

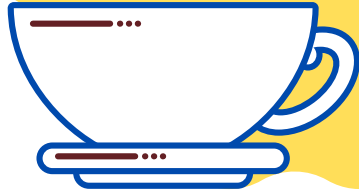
For some, losing these abilities might be of the last things they perceive they can control.

With new restrictions, old routines like grocery shopping, which once could have been therapeutic and a social event, are being delegated to others or causing new stress.

Regardless of what changes you are adapting to:
Here are 10 small ways to try and cope with the new circumstances.

1. Try and maintain the parts of your old routine that you can.

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If this means waking up and going to bed at the same time, there is comfort in the things you can control.



2. Appreciate the little things.

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Take a step back and value the things you often might overlook. That morning cup of coffee and the sun shining outside both are reasons to be grateful.

3. Internalize the idea that life will go back to normal.

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It is easy to get tunnel-vision in a negative future. By reminding yourself this will pass, it can bring hope over fear.



4. Thank those around you. Your support system.

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Whether this is a family member, friend, caregiver, mail carrier, or other service providers, taking time to empower those around you can do the same for yourself.

5. Call/video chat with friends and family.

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Staying connected to loved ones can help you feel grounded in this time of uncertainty.

6. Give back any way possible.

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While giving financially is always a great way to aid, giving back can also include cooking meals for overwhelmed neighbors or doing your part in social distancing.



7. Pick up a new or old hobby.

Now is the time to pick up those books you have not been able to get to or the crochet hook again.



9. Do something for yourself everyday.

This could suggest things such as making sure you get alone time or starting to journal.



10. Exercise and take care of yourself.

Making sure you get enough sleep, stay hydrated, eat well, and exercise.

You hear them all the time, but what better way to cope with change than by introducing positive change.

8. Be mindful of the media you're watching.

Being informed is good. Being overinformed, on the other hand, might only lead to more fear of the uncontrollable. It is important to find a balance that works best for you.

Finding meaning in the present,

there is less stress on the changes from the past and any uncertainty in the future. It is important to take life day by day. Understand what you can still control, and be gracious with what you can not. It is important to recognize the unity and compassion around us.

We're in this together!

So remember your family, your loved ones and your neighbors... Do what you can to help them, but most importantly, help yourself and be safe physically and emotionally.

