



THE CHANGE REACTION

5 Steps to Get
Control...

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Introduction

Has Brexit got you worried, or maybe you are concerned about recent changes in the presidency in the USA? Perhaps you feel that the world is spinning out of control and all you can do is shrug your shoulders and, "Wait and see what happens".

When world events threaten to overwhelm people, they tend to struggle to find their place in the scheme of things. It can feel as if you have no control over your own future and that can create huge anxiety.

This guide is intended to help you regain that control and feel more optimistic about the future. This is NOT blue sky thinking or motivational ra-ra; just a set of practical steps and advice for you to take to shift your perspective.

So, let's start by considering the context. In several studies of past elections and moments of global change there has been identified a causal link between national uncertainty and personal anxiety. Anxiety thrives at the intersection of uncertainty and powerlessness. I conducted my own poll amongst my LinkedIn connections to identify what people's concerns were over the next few months. The overwhelming response was anxiety over what was going to happen next and a fear that this would affect jobs and security negatively.

In the UK, every day is coloured by more negative comments about the upcoming Brexit negotiations. Across the pond after a vitriolic presidential election where personal attacks were commonplace, there are still furious arguments over policy, lack of policy and fear of one or other nation being angered enough by President Trump to take dangerous action.

In the meantime, ordinary folk go about their daily business, wondering if they are going to get caught in the fallout.

The world is changing...

However, that does not need to spell disaster. There are some practical steps you can take to help manage this uncertainty and handle the changes. Now is not the time to wring your hands in despair or bury your head in the sand. You are NOT powerless, it just feels that way because the media is relentless in sending you that message. World events are only marginally within your control, but your life is yours to manage and shape as you will.

Have you
heard the
news?



I'm
not
coming
out
till
it's
over



Step 1

Let go of what you cannot change and focus your energy

You and I are not able to influence Brexit negotiations but we can have our voices heard. Whether it is party politics or business policies there are mechanisms for expressing your views. If you feel passionately about how your country is run, then join your local political party, lobby your MP or representative, speak up at council meetings etc. Facebook may be a place where people say what they think but it won't impact the decision makers unless it is in the form of a petition that reaches those in power.

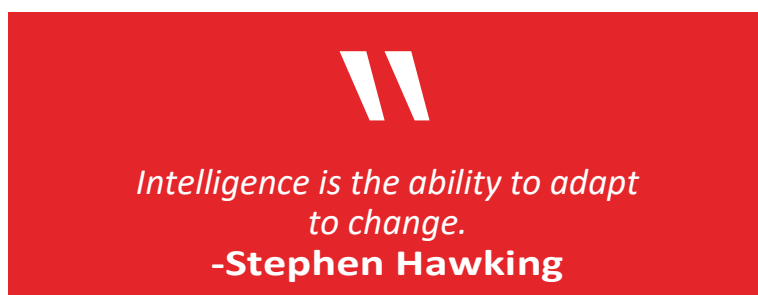
My advice; stay away from the moaners and doomsday wingers who haunt social media, they will sap your energy as effectively as a dementor does in Harry Potter.

If you are anxious about what may happen to your job then speak to HR at your company; let them know that the bosses need to reassure or clarify matters for their employees. If you have never taken part in any feedback requests your company has made, now is the time to let your feelings and concerns be heard.

If you are one of those bosses then you need to make some decisions that manage this uncertainty for your workforce (see Step 2).

Above all get clear on what you can influence and let go of the rest. It is a waste of your energy to worry about what you cannot change.

Tip: Each time your mind wanders into the worry zone, try counting backwards from 10. It refocuses your mind and engages your pre-frontal cortex which means less of an emotional response, more of a rational approach.



Would you like to continue reading the rest of the book and get the remaining tips?

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