

Quotes on Adapting to Change

“Your life does not get better by chance, it gets better by change.”

Jim Rohn

“Action and adaptability create opportunity.”

Garrison Wynn

“Adaptability is the simple secret of survival.”

Jessica Hagedorn

“There can be no life without change, and to be afraid of what is different or unfamiliar is to be afraid of life.”

Theodore Roosevelt

“Stay committed to your decisions. Stay flexible in your approach. It’s the end you’re after.”

Anthony Robbins

“When patterns are broken, new worlds emerge.”

Tuli Kupferberg

Change is Constant

- Like working from home, or WFH as a sandian fond of acronyms knows it.
- For parents, juggling work and family took on a whole new meaning since home-based learning (HBL; another one for acronym enthusiasts) was introduced.



- As for that question that precedes mealtimes, it has evolved from “Where do you want to eat?” to “What to do, or I mean eat?”
- Loss of our weekly exercise class buddies, our lunch with colleagues, even our drive time alone as we decompress from work.

Why the Resistance to Change

Adapting to change is what allows a species to survive. Humans are creatures of habit – we like the familiar, the known, the practiced.

- Especially in times of uncertainty or crisis, we cling to habits even more. This is because routines create "a much-needed structure in our everyday lives" that lets you feel purposeful.
- Change means having to leave our comfort zone and having to put in effort to do things in a different and unfamiliar way.

And it is even harder if the change creates downsides such as inconvenience, sacrifice or “a lack of potential gain or reward”.



Flexibility to Adapt

3 TYPES OF

FLEXIBILITY

THAT HELP YOU ADAPT TO CHANGE



COGNITIVE

Use different thinking strategies and mental frameworks.



EMOTIONAL

Vary one's approach to dealing with emotions and those of others.



DISPOSITIONAL

Remain optimistic and, at the same time, realistic.



Center for Creative Leadership®

Five Tips to Adapt to Change

Be curious. Ask lots of questions. Wonder, explore, and consider before you judge and decide.

Don't get too attached to a single plan or strategy. Have Plan B (and C) at the ready.

Create support systems. Don't go it alone. Look to mentors, friends, coaches, trusted peers, professional colleagues, family members, and others to serve as your support system in times of change. Encourage others to do the same.

Understand your own reaction to change. You have to be clear about your own emotions and thoughts about changes in order to use different thinking strategies and mental frameworks so that you can be straightforward with others.

Immerse yourself in new environments and situations. Do this when you are confronted by change but get practice by joining activities, meeting new people, and trying new things on a regular basis.

Wave after Wave of Changes

- Even though restrictions are being relaxed it's still far from being back to normal.
 - Hair cuts and nails, finally!
 - Restaurants partially open, finally!
- It doesn't take a fortune teller to tell you that more changes are on the horizon.
- It seems like as soon as we adapt to new measures, more changes occur. Over time, this can create a sense of exhaustion and helplessness.
- If you're feeling weathered, **hang in there!**



Changes That May Be Permanent

- People will take their personal space more seriously due to social distancing
- Handshakes and hugs will be out
- Avoidance of crowded places
- Cleanliness, handwashing and sanitizer in public places
- We'll get better at responding to customer and client needs
- Restaurant delivery and takeout options are expanded
- More companies will permit employees to work remotely
- Directly touching the keypads with your fingers will be an action of the past
- Avoidance of communal foods, buffets and salad bars

