



# Managing and Coping with Change

Build resilience and confidence during transitions.

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carelon  
Behavioral Health



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# Understanding Change



## Understanding Change

**Change is normal, but it can be challenging.**

- Change can happen at work, at home, in relationships, or in personal goals.
- It may be planned or unexpected.
- Common reactions include stress, uncertainty, frustration, confusion, or excitement.

[Emotional Wellness Resources - Ford UAW Hourly EAP | Carelon](#)

**These reactions are normal and often come from fear of the unknown.**

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SUPPORT  
SERVICES  
PROGRAM



# Healthy Ways to Cope

**Focus on what helps you move forward:**

- Practice journaling
- Practice mindfulness
- Practice healthy eating and sleep
- Build a support system
- Seek therapy/support

[8 Ways to Cope With Life Transitions | Psychology Today](#)

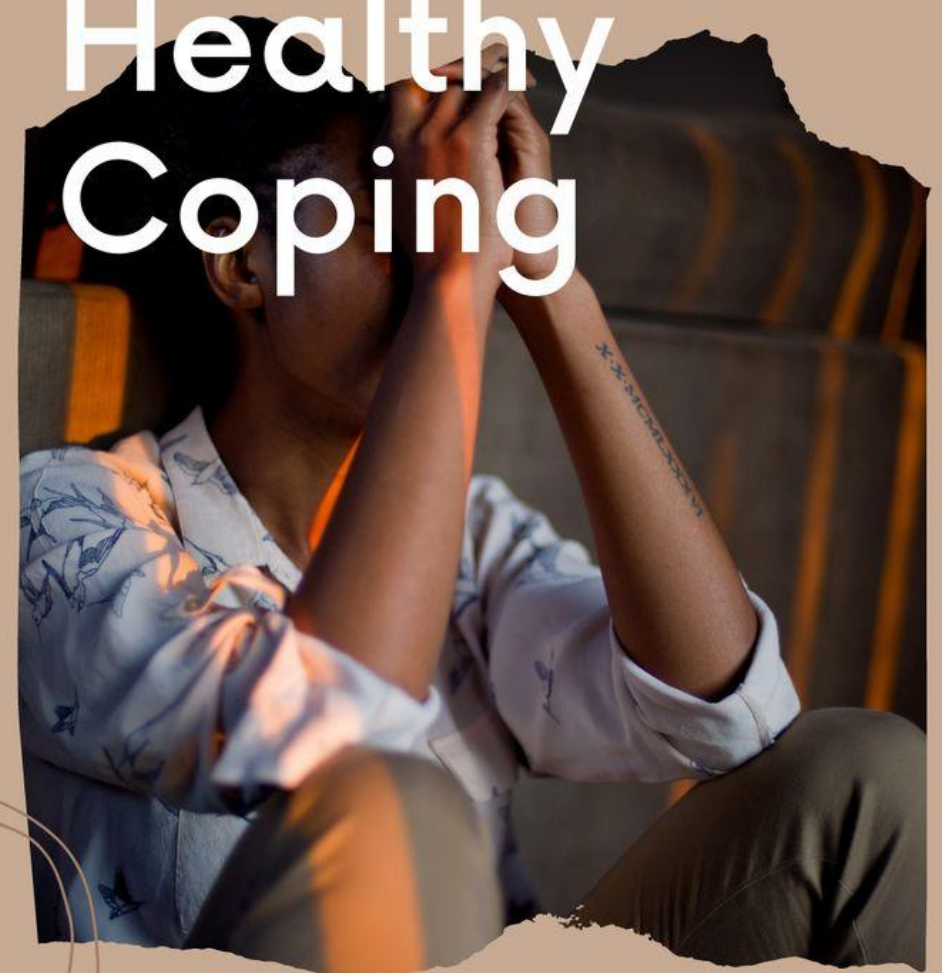
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# Tips for Healthy Coping



Emotional Wellness Resources - Ford UAW Hourly EAP | Carelon



# Building Resilience

## Ways to build resilience:

- Stay flexible and open-minded.
- Learn from setbacks.
- Keep a long-term perspective.
- Practice positive self-talk.
- Stay connected with others.
- Celebrate small wins.



<https://www.apa.org/topics/resilience>

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# What can you do today?

## Ask yourself:

- What change am I facing?
- What can I control?
- Who can support me?
- What is one small step I can take?

**You may not control every change,  
but you can control how you  
respond.**

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# CHANGE



If you would like information on free and confidential counseling and other health and wellness resources, **contact your local ESSP Representative** or the CDR/EAP Agencies:

**Hourly**

Call Carelon Behavioral Health: 800-227-9622 or  
Scan the QR code:



**Salaried**

Call Lyra Health: 877-207-9822 or  
Scan the QR code:

