

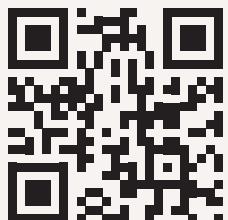
Coping With Change

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Five Tips For Coping With Change

- Be as informed as possible – beat the fear of the unknown with knowledge
- Take small steps – do one small thing that you can do at a time, and then do another
- Give yourself time – to grieve for what you feel you have lost. It takes time to accept and adjust to change
- Fail well – learn from failures and mistakes and move on to success
- Look after yourself – recognise when you are becoming stressed and have a strategy that helps you feel calmer

Remember you can call Validium for support on a variety of issues - or go online at validium.com to check out vClub



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