

## Coping with Change, by Paul M.

1. **Sleep** 8 hours each night.
2. **Exercise** (even just walking) at least 20 minutes every day.
3. Spend some **time outdoors** every day. (combine with #2 if possible)
4. Trust God and **\*expect\* Him to provide** (that's His job).  
(Your job is to seek Him with all your heart.)
5. **Be patient.** (Remember that the Israelites wandered in the desert for 40 years.)
6. Expect the **best**, but **be prepared** for the **worst**. What God provides will be adequate, but not necessarily what you'd prefer. (Remember that the Israelites ate manna and quail daily for 40 years.)
7. Spend some time **alone with God** every day. Sometimes you might need to express your frustration or anger to Him and ask Him the nagging questions that don't have obvious answers. Remember, He's your Father and He can shoulder the load easier than you can.
8. Take some **time off** when needed. Do something just for fun. Do a home improvement project. Go visit someone who means a lot to you.
9. Keep reminding yourself that **your worth** is not based on your job, or your health, or your accomplishments, or anything like that. God judges you by your heart. Read about Moses, Joshua, Gideon, and others who had to grow in their faith and courage to face the challenges set before them. Also, memorize scriptures like these:  
  
"Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart." Heb. 12:2-3  
  
"Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Is. 40:30-31  
  
"For God did not give us a spirit of timidity, but a spirit of power, of love, and of self-control." 2 Tim. 1:7
10. Find a special way to **serve/help** someone else. It will give you a sense of Accomplishment and a chance to interact with others (possibly even do some networking) and to think about others instead of your problems.
11. Keep **searching for new options**. Imagine that you are trying to cross a stream by stepping from one rock to another. Keep looking for the next possible steps, and when something doesn't pan out, then try something different. There are many ways to reach the other side, and none of them will be perfect.
12. **Count your blessings**. Be grateful for what you have. Have compassion on those who have more/worse trouble than you do right now. Love your spouse & children and spend time with them. (That's something you can't do as easily/much when you're working, so take advantage of the opportunity!)