Workplace Strategies for Mental Health

Compliments of Canada Life

E-learning module

Coping with change

Change is constant. Our quality of life depends on how we react to change. If we resist change that's outside of our control, we can overwhelm our coping strategies.

The 5 A's – Anticipate, Accept, Alter, Adapt, and Avoid – are approaches that can help you navigate even the most difficult changes.



The 5 A's

Think critically when emotions are high



Anticipate

Prepare for change



Accept

Recognize what you can't control



Alter

Change what you can



Adapt

Rethink your situation



Avoid

Minimize unecessary stress

Learn more about coping with change

Coping with change
clwsmh.com/coping-with-change

Resilience
clwsmh.com/resilience

Starting a new job
clwsmh.com/starting-a-new-job

Helping employees to manage change
clwsmh.com/employees-change

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