

ACBDD Employment First Newsletter



Questions about employment?
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This month we discuss how to handle changes.

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For many, change is not easy. This is often because many changes are beyond our control.

However, the one thing we do have control over, is how we handle these changes.

Maya Angelou once noted, "If you don't like something, change it. If you can't change it, change your attitude."

Instead of being sad, if someone on your ISP team or at work is leaving, embrace the chance to meet new people who will take on their role.

Instead of thinking things should always stay the same, we can remind ourselves that changes in our lives can bring new experiences for us and new things to learn.

We cannot expect everything to remain the same forever. However, there are some things we have some control over. We can decide when and what we eat or when to go to bed. We can also continue to do activities we enjoy each day. This will help keep some things familiar as we face changes around us.

So, if you are facing changes, whether it is in your support team, at work, school or within your home, just remember that not all changes are bad, and change can be a good thing!

For additional support and resources: Here is a full online article from Psychology Today:

<https://www.psychologytoday.com/us/blog/here-there-and-everywhere/201701/10-ways-to-cope-with-big-changes>

Also, please reach out to your medical provider or county board team for referrals if you are struggling to handle changes on your own. Help is available.