

# Caring for people in change

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There are many practical steps to take to care for people who are about to embark on change, who are in the midst of change, or who are recovering from change. Here are suggestions that holistically consider a person's well being.



## Physical

- Drink plenty of water regularly
- Eat good food regularly
- Take extra Vitamin B
- Get at least 7-8 hours sleep per night
- Get sunlight regularly/take Vitamin D
- Do regular exercise; Move and stretch every hour
- Change your space; be somewhere else for a while
- Feed your senses (taste, smell, hear, touch, see)
- Obey your energy rhythms (rest when tired)
- Breathe! (And repeat!)

## Spiritual

- Daily quiet time/Do nothing
- Remember joyful moments
- Remember your purpose
- Listen to uplifting music/View inspiring art
- Play to your strengths (use your talents)
- Listen to your gut, and obey it

## Emotional

- Hug someone
- Hang out with real friends
- Don't hang out with difficult people
- Laugh; listen to comedy; read cartoons
- Show gratitude or kindness to someone
- Be kind and generous to yourself

## Mental

- Talk things over with a trusted confidant
- Focus on one thing at a time
- Remove distractions
- Follow a ritual or routine that feels familiar
- Make small changes over which you have complete control
- Take thinking breaks; escape mentally into a good book or movie
- Work in no more than 60 minute blocks before taking a 10 minute break
- Eat foods rich in omega-3 fatty acids, nitrates and antioxidants for brain fuel, e.g. fish, eggs, berries, nuts & seeds. Literally food for thought!