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!

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