

When Change is the Challenge

There are many common quips about change: "If you don't like the weather here, hang around for a few minutes and it will change." "Change is inevitable ... except from vending machines." And so on. It's good to have a laugh about the topic. But the truth is that many of us find change quite difficult. Read this month's newsletter to get some good tips on handling the one thing you can always count on – change!

Change Tactics



Coping skills for change

As we go through life, one thing is absolutely predictable: change! Read some practical tips for coping. [More...](#)

[En Español](#)

Worklife Balance



Steps for successful change

Adjusting to change often takes awhile. The good news: a stronger, more resilient "you" emerges through the journey of adapting to change. [More...](#)

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Crossword Puzzle Update



Watch for the names of the winners of April's crossword puzzle contest in this month's newsletter!

There Was an Old Lady Who ...



Mind Matters



Mastering Acceptance

What if we are unable to change the reality of a situation? How do we master acceptance? [More...](#)

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Is the glass half empty or half full?

Are there times when you can reframe changes in positive ways? Read a familiar anecdote that speaks volumes about the importance of keeping attitude. [More...](#)

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