Managing change

Most people find change unsettling and difficult to adapt **(0)**..... Many societies have experienced **(9)** …….. rapid change in the early years of the 21st century that life can feel very daunting **(10)** …….. times. Various commentators have **(11)** …….. forward suggestions for coping with change on a personal level.

One suggestion involves thinking of three solutions to a problem, rather **(12)** …….. two. Apparently, many people faced **(13)** …….. change respond by considering two possible courses of action, but invariably tend to reject both of these. However, thinking instead of three potential solutions is a strategy which, according to research, provides a reliable way of finding a solution to the initial problem.

Another strategy advocates learning to avoid set patterns of routine behaviour. Something simple, **(14)** …….. taking another route to work at **(15)** …….. once a week, is seen as encouraging confidence in the face of uncertainty. **(16)** the simplicity of these ideas, they nevertheless help prepare people mentally to manage major change if necessary.

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