

## 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.