Courage To Face New Challenges

Courage is that quality of mind which enables one to encounter danger and difficulties with firmness, boldness, and/or resolution without fear. As we face retirements, layoffs, being moved to a new workgroup or worksite, July 1st, there is bound to be feelings of anxiety and uncertainty. With challenges also comes the potential to develop courage and resilience.

Given that change is a constant in this world, the first step in demonstrating courage is to summon up our internal and external resources to do what needs to be faced. From now until the end of June the fear or anxiety of this challenge will grow if we focus on change being negative and dread what we don't know. A courageous person acknowledges their fear, applies their skills and resources in creative ways to make the best of the situation and move ahead.

It is through perseverance in the face of challenges that the ordinary person becomes the extra-ordinary, and while a new beginning brings challenges it also presents new opportunities. To prepare for the task ahead, find out all you can about the new situation and recognize that it takes time to develop strategies and self-confidence. Be prepared by having more than one plan to face this challenge. If Plan A doesn't work have a Plan B and or Plan C. Discuss your options with others. If you have trouble adapting to change ask for help.

In the world of work we can’t always control our circumstances. We can choose how we will respond to them. No matter what challenges you face, you have the power to make the ultimate choice about whether to let the world affect you or to go out and affect the world.

EASE counselors are available to speak with you by calling (800) 882-1341.

“Strength is the courage…to reach out!”