














# Tips to Care for Your Wellbeing *Amid Change*

Change is inevitable—but that doesn't mean it's easy. Whether you're navigating a shift in your role, team, company direction, or something personal outside of work, change can stir up uncertainty, stress, and overwhelm.

This guide is here to help you stay grounded, reconnect with what matters, and build habits that support your mental wellbeing—no matter what life throws your way

-  Name what's changing. Write it down. Naming the change helps reduce mental clutter and reminds you what's actually within your control.
-  Keep one constant in your day. Whether it's a morning cup of tea, a short walk, or journaling before bed, consistent rituals can anchor you when everything else feels in flux.
-  Practice micro-mindfulness. Take 60 seconds to pause, breathe, and notice how you're feeling—without judgment (HK resource: Tap into breathwork sessions anytime through the [on-demand library](#).)
-  Explore HealthKick's Thrive partners, like [Insight Timer](#), [Our Breath Collective](#), [Spiritune](#), and [Aura](#) for relaxation, mindfulness, and guided practices to help you find calm and focus in your day and a restful sleep at night.
-  Stretch it out. Movement helps release stress and reconnect to your body. (HK resource: Try guided stretching from HealthKick partner Lymbr, [available on demand](#).)
-  Reach out. Talk to a friend, HR, or a [coach](#). Processing big emotions with someone supportive makes navigating change a little lighter.
-  Embrace imperfection. Change is messy. Be kind to yourself as you adjust. You're doing your best.
-  No one is alone in their journey to mental wellness. Connect with colleagues, share their experiences, learn from others, and build a supportive and [empathetic community](#).
-  Practice acceptance, not resistance. Acknowledge what's in your control and focus your energy there. Try a journaling prompt like "What can I let go of today?" to support your mindset shift.
-  With HealthKick, employees have direct access to seasoned mental health and wellness coaches like [Better Help](#) and [Tava](#). Whether you're facing a specific challenge or just need someone to talk to, schedule a 1:1 consultation.
-  Limit future-tripping. If your thoughts start spiraling into "what-ifs," gently bring yourself back with this question: What do I need right now?
-  Set emotional boundaries. Say no when you need to, block time on your calendar for breaks, and prioritize space to recharge.
-  Learn how to manage uncertainty, regulate your emotions, and create space for calm with this [expert-led webinar](#) from Aura Health.



*Live Wellness Session*

**Harnessing Mindfulness to Cope with Change**

*Led by: Coach Jiva Masheder*

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