Planning for changes

Many changes in life give a little warning while others can blindside you. You can plan for the ones you know about leaving wiggle room for changes and flexibility. There are many different ways to plan for changes. A simple list of steps to take to adjust to the change can provide a roadmap and reduce your stress level.Many changes in life give a little warning while others can blindside you. You can plan for the ones you know about leaving wiggle room for changes and flexibility. There are many different ways to plan for changes. A simple list of steps to take to adjust to the change can provide a roadmap and reduce your stress level.