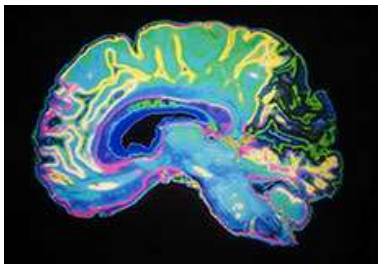


Coping with challenges & change



Change can be a challenge in itself and we all respond differently to it. Following eLearning content can help you to appreciate the way you tend to respond to change or difficult situations and offers practical coping strategies.

Access is available from the [Trust Development Hub](#) . Register with your Trust email to access.



[The neuropsychology of change](#), video, 7 minutes

This fascinating video helps you appreciate why sometimes change is difficult and what you can do to overcome your fear of change.



[The rocky road to accepting change](#) , animated video, 3.8 minutes

When we are facing a big change the road to acceptance can seem very long. Specialists in change management have long recognised that the emotions we go through in the face of change are very similar to those we experience with grief. Elisabeth Kubler-Ross's five stage model helps us to define those stages and understand where we are in our journey towards accepting the situation.



[Understanding fear of change and overcoming it](#) – article.

While a change may do you good, as human beings, we are naturally programmed to fear it. This can become destructive if we cannot get a handle on our fear or if the change is actually a positive thing – a new job for example. Fortunately, there are techniques we can use to counteract these negative perceptions.



[How to cope with change and challenges](#), video, 4 minutes

Learn about the stages involved in accepting change, consider how resistant you are to change and learn to see change as a process.



[Letting go](#), micro course, 3.4 minutes

Letting go involves accepting things as they are and moving on, but the process isn't always easy. In fact, as one of the biggest challenges we can face, letting go takes some practice.

eBooks

Access the following eBooks available from the [library](#) from any device from anywhere with your OpenAthens login.



[Stress, Burnout, and Coping Strategies](#) - Book chapter

As physicians, we seek to deliver high-quality, compassionate, patient-centered care. This requires that our clinical workforce is functioning at the highest level. However, growing evidence suggests that physician well-being is being eroded

in the professional setting. Burnout—a work-related syndrome characterized by emotional exhaustion, depersonalization, and a low sense of accomplishment from work—is prevalent among physicians, trainees, and students.



[Reactions to stressful experiences](#)

Stressful events frequently provoke psychiatric disorders. Such events can also provoke emotional reactions that are distressing, but not of the nature or severity required for the diagnosis of an anxiety disorder or a mood disorder. These less severe reactions are discussed in this chapter, together with post-traumatic stress disorder (PTSD), which is an intense and prolonged reaction to a severe stressor.

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