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**LIA Lifestyle Instruction Aid**

**abcd17. You Can Control Change**

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Source: The Holmes Readjustment Rating Scale

Another name for stress is change. You can prevent stress by limiting the number of changes that are going on in your life at one time. Some changes, like workplace moves or a death in the family, are out of our control. Many more changes are within our control. It doesn't make sense, for example, to buy a new house within a few months of graduating, getting married, finding a new job or having a new baby.

Whenever possible, give yourself six months or longer to get used to every big change.

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