

# Permission to Pivot

Change is an inevitable part of life—sometimes planned, sometimes sudden—but always carrying the potential for growth. Whether it's a career pivot, a relationship shift, or global events beyond our control, the way we respond to change shapes our resilience and wellbeing.

## Why It Matters

According to the American Psychological Association, **resilience—the ability to adapt in the face of adversity or significant stress—can be cultivated**, not just inherited. A 2023 Gallup poll also revealed that nearly **60% of working adults experience frequent uncertainty about the future**, yet those who embraced adaptability reported higher job satisfaction and life optimism.

## Practical Tips for Embracing Change

- 1. Shift from Control to Curiosity** - Instead of resisting what's unknown, try asking, “*What can I learn from this?*” Curiosity turns fear into exploration.
- 2. Focus on What You Can Influence** - You can't always choose what changes, but you can choose your reaction. Make a short list of things within your control—and take one small action today.
- 3. Create a Routine That Grounds You** - In times of transition, simple rituals like morning walks or journaling give you a psychological anchor.
- 4. Connect with Others** - Talk it out. Whether with a friend, mentor, or support group, sharing reduces isolation and offers new perspectives.
- 5. Visualize the Upside** - Imagine the best-case scenario, not just the worst. Studies show that **positive visualization increases both motivation and problem-solving abilities**.

## A Final Thought

Growth rarely happens in the comfort zone. Lean into change—not because it's easy, but because on the other side of uncertainty often lies strength you didn't know you had.

### References

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Questions? Contact us at 363ISR.W.ART.363ISR.W@us.af.mil or at 757-764-9316