



Equity Starts Here Challenge

North Carolina Community Action Association

DAY 5: HOW TO EMBRACE CHANGE WHEN IT'S HARD

Change is always hard, whether planned or sudden. Change is even more difficult when you don't expect it, or when you feel powerless in fighting for an outcome. Change is also difficult when it challenges you in uncomfortable ways.

However, change is necessary. It is part of growth and without it, we would stagnate. Our society is undergoing major change right now, much of which calls for equity. Some may feel threatened by those changes, because they've never been impacted by the particular issue. Some may be fearful of the consequences of change. Others may be frustrated feeling as if they are not being heard when demanding equity.

No matter your ideology, we are working through this change together. Today, we'll explore more about why change is so hard, and some of the strategies and tools you can use to help make change positive.

Today, select one or more of the following to read or watch:

- [4 Tips to Learn How to Embrace Change – Jack Canfield](#) (article)
- [4 Ways to Embrace Diversity for Workplace Success – Entrepreneur](#) (article)
- [8 Reasons Why It's so Hard to Really Change Your Behavior – Psychology Today](#) (article)
- [Brené with Aiko Bethea on Inclusivity at Work: The Heart of Hard Conversations – Brene Brown](#) (podcast)
- [How changing your mindset can help you embrace change – TEDxFlowerMound](#) (video)

Discussion and Pondering Questions:

- What, in your opinion, is the hardest part about the push for change in our society right now?
- Sometimes we are averse to change because we are overwhelmed with change and struggles in our own lives. Are you overloaded with change?
- Was there any part of the material that made you feel defensive? Why?
- How can we help those around us, who are overwhelmed, accept and move forward with change?

Don't forget to share your thoughts with your inner circle today! If you post on social media, be sure to use the hashtag #EquityStartsHereChallenge