It is known that all people always afraid of making big or even small changes in their lives. This can cause psychological and social problems. There are some examples of them and solutions that can be helpful.

Firstly, resisting of changes in people’s lives can make them stressed or depressed. To avoid these they should communicate with people, who can help them. For example, visit a psychologist and do all things he suggest, like reading useful books or watch inspirational movies. This will lead people to start a new life and help to understand what exactly you expect from your life.

Secondly, for those, who hold out varieties, life becomes ordinary. They start to get tired from living. The best way to avoid this problem is to learn new things. For instance, travelling much, start to read motivational books, meet active and enthusiastic people. As a result, person himself will move on and try to be fulfilled.

Lastly, those kinds of people interrupt others around them of becoming happier. The solution is to stop being pessimistic. In other words, to calm down, think of the world beauty or give a hand to the one, who is next to you, in making their dreams came true. By doing these people will be cheered up and motivated to reach new heights.

In my opinion, people should not resist because of being afraid. World is changing from day to day and if person stays the same, he will be rejected by society. People should try to move on and risk. That is what every successful person does.