

# Adapting to Changes



## Plan ahead

Look ahead and prepare for imminent changes. Having a plan can make changes less stressful.



## Be open

Remind yourself that change could mean the arrival of new opportunities to grow.



## Be patient

It takes time to adapt. Celebrate small wins and track your progress to see how far you have come.



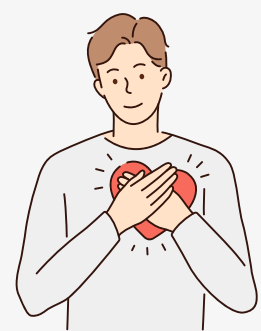
## Focus on things within control

Break down the situation into smaller manageable parts to gain a better sense of what is unhelpful to worry about.



## Seek support

If you are having difficulty adapting, it may be helpful to talk to someone you trust or someone with similar experiences.



## Practise self-compassion

Changes are difficult and we may not always manage them well. It is important to be kind to yourself such times.