

# Coping with change

I will acknowledge my feelings.

I will prepare myself

I will write down my worries

I will talk to others with similar experience

I won't take it personally

I will give myself time to adjust

I will accept the uncertainty such transitions cause

I will remind myself I can control my attitude and actions

I will break it up to smaller pieces

I will accept change as a natural part of living

I will find ways to relax (such as walking the dog, enjoying fave TV show, breathing!)

I will leave complaining and blaming behind me

I will see change as an opportunity

I will learn from it

I will remind myself that things will settle again

I will let go of what has happened and move on ("what's done is done")