



## DEALING WITH CHANGE



Change is an inevitable part of life, and of school! Sometimes change is exciting, but sometimes it can be scary and trigger anxiety. Often it is both at once. Whilst it is very common to feel anxious about change, this can affect your mental health and wellbeing if it becomes overwhelming.

### WHY CHANGE CAN BE HARD

Whether it's good or bad, change can be stressful. It can make you feel like you're not in control, or that you've lost things that helped you feel comfortable. Change can sometimes mean having to learn new things or leave you with questions about your own identity.

Changes can be big or small, and sometimes more than one change can happen at once. Difficult feelings about change will often pass, and there are ways to make things easier.

## TIPS FOR COPING WITH CHANGE

### TALK ABOUT IT

Asking questions, sharing what's difficult and getting advice from people who can really help. Talking to people you trust can help you feel better or see things in a different way.



### KEEP A HEALTHY ROUTINE

Make sure you are eating healthily, getting enough sleep and doing things that can help keep you busy. Keeping a routine helps to improve our mood and help you feel more in control.

### MAKE TIME FOR YOURSELF

Find time each day to do things that you enjoy, or help you feel a sense of accomplishment. Even if it is just a few minutes, it is important to take time just for you.



MAKE TIME  
for yourself

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### TAKE YOUR TIME

It is natural to need time to adjust to a change. You might feel surprised, happy or even angry and that's ok. Feelings can pass in time, but give yourself time and keep doing things to feel better.



### LEARN TO ACCEPT THINGS

Acceptance isn't the same as giving up, but can mean focusing more on the future and on ways to feel positive. When you're ready, it can help to set goals for the future or think about things that you are grateful for.