

Embracing Change

Change is constant in our lives. Daily routines can be altered by changes that are sometimes out of our control. While change can bring uncertainty, having a plan in place can help reduce the stress typically associated with change. Complete the responses for the scenarios below and then use them to address a specific change occurring in your life.

Practice Changing

	Minor Change (e.g., change in schedule— no art class today)	Moderate Change (e.g., having a new teacher)	Major Change (e.g., moving to a new house)
How do you feel?			
How do you stay in control?			
What could make this easier?			
Name something positive that can occur due to accepting this change.			

Real Life Change

What is changing?	
How do you feel?	
How do you stay in control?	
What could make this easier?	
Name something positive that can occur due to accepting this change.	