

Coping with Change

Changes in our lives, like new classes, moving, or starting anything new, can be scary, but change is a part of life. The tips here will help you learn how to cope with change—and thrive!

Understand that feeling discomfort in a new situation is normal.

Ignoring or pushing away your discomfort often makes you feel worse. Allow yourself to feel, and acknowledge, any apprehensions or fears you may have.

Figure out what exactly is making you uncomfortable.

You might find that you can't identify a specific fear, in which case, you might realize that there's really nothing to be afraid of.

Find a new normal.

Establish new routines and find comfort in things that are new. For example, if you've just moved to a new area, try taking a walk around your new neighborhood every day. If you're in a new class, get to know someone you sit by.

Pay attention to all the changes in your life.

From the new look of your favorite social media app to dealing with new teachers, you experience change all the time, and you've always adapted. Have confidence in your ability to cope with change!

Think about a change you're dealing with now (or had to deal with in the past).

What about this change is difficult to deal with?

What are some positive aspects of this change?

How are you going to make the most of this change?

**What's familiar might be comfortable, but we are always faced with change.
And remember, change can be good!**