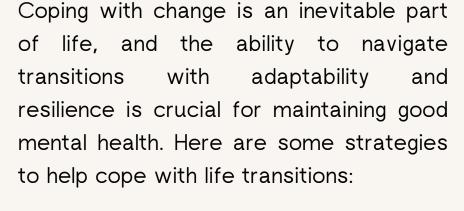


Coping with Change





- Acceptance and Acknowledgment
- Maintain a Positive Outlook
- Build a Support System
- Self-Care Practices
- Develop Coping Skills
- Set Realistic Expectations
- Embrace Flexibility
- Break Down Larger Goals
- Focus on What You Can Control
- · Seek Professional Guidance
- Learn from Past Transitions
- Maintain Healthy Habits
- Visualize a Positive Outcome
- · Celebrate Small Wins
- Cultivate a Growth Mindset



Coping with change is a dynamic process that requires patience and self-compassion. By implementing these strategies, individuals can enhance their ability to adapt, navigate transitions, and emerge stronger on the other side.