

# Dealing with Change

Change is inevitable. But How do we deal with it so it doesn't overwhelm us? Here are some tips.

- ◆ Change helps us grow. Remember this: without change, we would always stay the same, and we wouldn't experience anything new.
- ◆ Think about the positive: what is something positive that is coming from the change? Go ahead...you can think of something!



- ◆ If you're dealing with new people, remember that you're getting used to them, but at the same time, they are getting used to you. It can take time, and it's new for everyone.
- ◆ Look around. Probably not everything has changed. What hasn't changed?
- ◆ Think back to a time when something in your life changed. How did you get through it?