

Name Your Changes

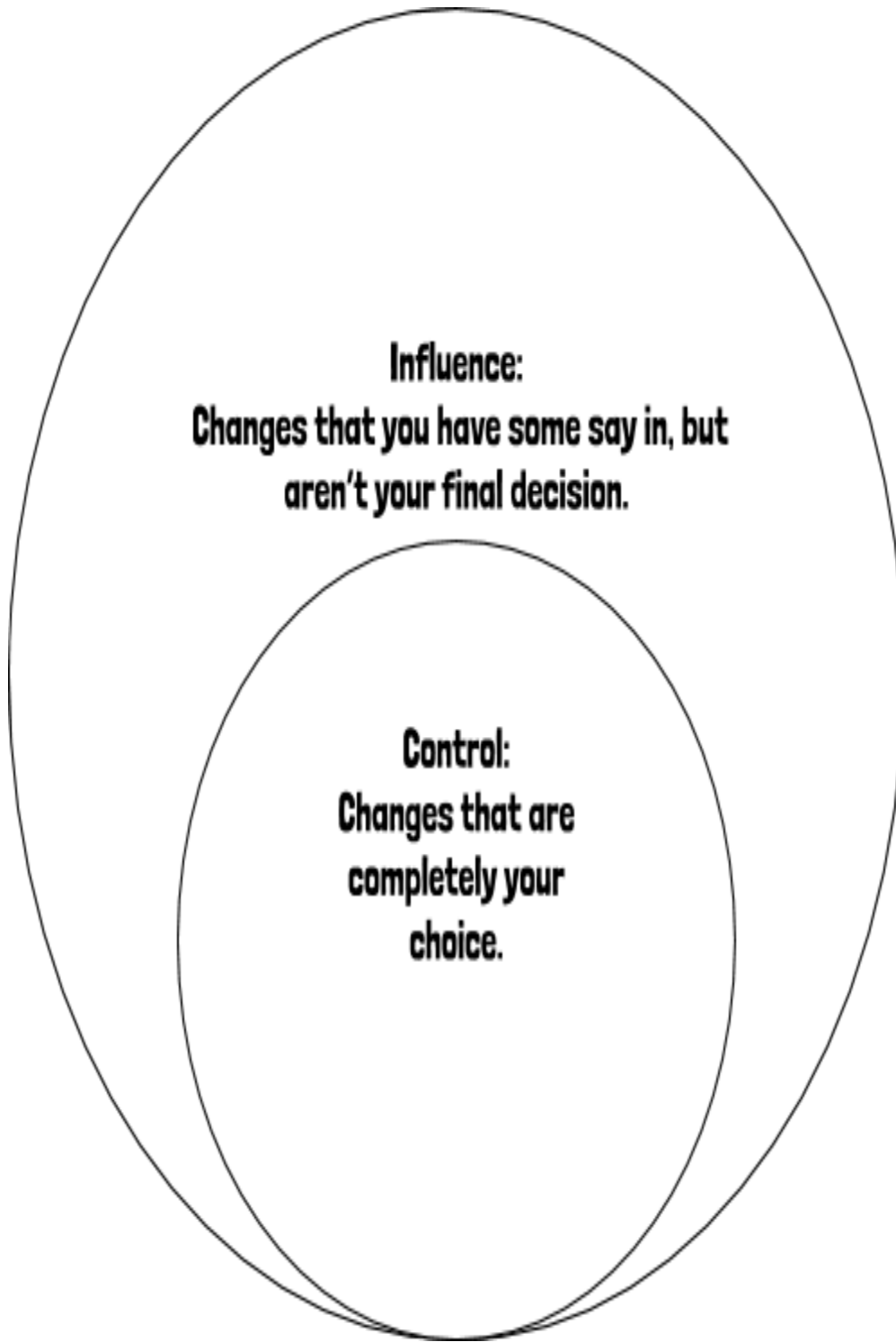
Just like we can count on the leaves changing color each fall, we can count on the fact that our lives will have many changes. Start by brainstorming all the changes you have going on right now. Write them on the leaves below.

Color Code your changes: ___ = Exciting Change, ___ = Neutral Change, ___ = Difficult Change



Sort Your Changes






Cut out your changing leaves, sort them below, then record with a pencil.



Outside of your control:
Changes that are someone else's decision or acts of nature.

Brainstorm how you feel about the changes.

Even exciting changes, like going on a trip to new place, can sometimes cause unpleasant feelings like stress or worry. Sort how the changes in your life make you feel. Record with a pencil.

<p>I feel EXCITED or HAPPY about these changes:</p> 	<p>I feel SCARED or WORRIED about these changes:</p> 	<p>I feel SAD about these changes:</p> 
<p>I feel ANGRY or FRUSTRATED about these changes:</p> 	<p>I feel CONFUSED about these changes:</p> 	<p>I feel _____ about these changes:</p>

Cope with your feelings about change.

A **cop**ing strategy is anything you **DO** that is safe and appropriate that helps you feel calm. The key word here is **DO!** Let's brainstorm coping strategies that you can use when you want to help yourself feel better. Circle the ideas that you think you would actually do in a moment of having unpleasant feelings:

Take a walk (ask first)



Read a Book



Exercise or Play a Game



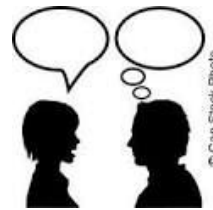
Drink some water



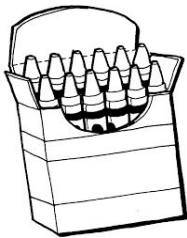
Take a Break to be Alone



Talk it Out with someone you trust



Color or Draw



Make a Card for Someone



Think of your favorite memory or place.



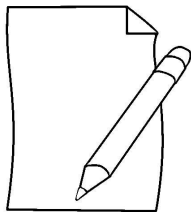
Listen to music



Hug or Smile at Someone



Write a letter to someone you care about.



Safely Squeeze Something



Stretch your Muscles



Take 5 SLOW deep breaths



Accept the changes you cannot control.

Most of the time, the changes that make us feel crummy are the ones we have no say in whatsoever. Although we cannot “unchange” the situation, we can use our coping strategies to help feel better. And we can change how we talk to ourselves about the new situation.

Instead of thinking....

“I HATE THIS.”
“THIS IS STUPID.”

“ _____ ”

“ _____ ”

“ _____ ”

“ _____ ”

Try thinking....

“I don’t like this, but I can handle it.”

“ _____ ”

“ _____ ”

“ _____ ”

“ _____ ”