

# Well Being – Coping with Change



Small changes happen every day, for example, what we eat, what we wear and what we do. Some changes we can plan and prepare for, to help us make the best of them. Sometimes changes happen that are out of our control and we have to find ways to cope with them and find a way to think positively about what has happened.

Changes are inevitable. Nothing stays the same. Some changes can be exciting. Some changes are harder to cope with than others.

The aim of this work is to learn to recognise different changes that happen in our lives and to think about how we can cope with them.

## Activity

1. Watch the film clip on resilience:

<https://www.youtube.com/watch?v=w91c3k5dXAM>

Resilience

2. Think of different things which may have changed for you in the past. Examples of these could include moving school or house, changing hairstyle, changing friendships, hobbies, someone dying, body changes, having more responsibility or changes to routine (for example, being away from college right now). Write these changes down on different pieces of paper.

3. Now write the headings:

- **Sudden Change**
- **Difficult Change**
- **Exciting Change**
- **Small Change**

Think about each change you have written on the pieces of paper. Decide which of these headings describe the change best.

4. Some changes we can plan and prepare for to help us cope with them and make the best of them. Think about some changes which may be happening. This could be leaving college in the future, for example.

Sometimes changes happen that are out of our control and we have to find ways to cope with them and find a way to think positively about what has happened. It could be useful to use an '**Action Plan**' such as the one below to help manage changes.

<b>Action Plan</b>	
What is the change?	
Thoughts	
Worries	
What can be controlled?	
What are the positives about the change?	
Where can I get support and advice?	
Is there anything else I can do to make the change easier?	

5. Finally, it is important remember that change can be exciting and positive.



Remember changes that have happened that you were worried about but turned out to be positive.

Think about an exciting or positive change that might happen for someone of your age over the next few years.

Maybe think about a positive change you would like to make right now, for example, trying a new food, starting a new type of exercise. Maybe make one small change each day for a week, so that you get used to something being different.

And always remember that there are always people who can help and support you through change.