

EMBRACE CHANGE



CULTIVATING PREVENTION: RESILIENCE CAMPAIGN 2020-2021

ACCEPT THE UNKNOWN

- Give yourself permission to embrace the unknown through awareness and acceptance.
- Tell yourself: *Change is a journey and I will get through this.*

FOCUS ON WHAT IS POSSIBLE

- Accept that certain goals may no longer be attainable as a result of changes in your life.
- Make a list of what is achievable and identify those goals that are most important to you at this moment.

RIDE ALONGSIDE CHANGE

- Acknowledge the uncertainty that comes along with change.
- Take a few minutes to sit in a quiet space and observe your thinking and your feelings.
- Allow your thoughts and feelings to flow without making an effort to change them or begin problem-solving.
- Stay in the present and note your reactions.

SHIFT INTO ACTION

- Focus on what you can change by moving into a direction.
- Select one of your most important goals from the list above.
- Write out the steps needed to get there.
- Tackle 1-2 steps each week.

Adapted from American Psychological Association (APA).
2012 Building your resilience.