



TIPS ON ADJUSTING TO CHANGE

EMBRACE CHANGE

- The more you persist, the easier it will be to make and adjust to future changes.

IDENTIFY A SUPPORT SYSTEM

- Surround yourself with those individuals who care and love you and will always be there during difficult times of change.

MAINTAIN NORMAL PATTERNS

- Maintain normalcy in the process of change; keep routines or patterns that worked for you.

RECALL WHAT HAS WORKED FOR YOU

- Think back when change occurred in your life, what worked then? Can I use those tools/skills again, if so, put them to use.

EMOTIONS ARE IMPORTANT DON'T STIFLE THEM

- Change can make us feel a certain way, don't bottle up those emotions, feel and express them.

TAKE CONTROL IF YOU CAN

- Control what you can; if you can't change/control it, don't waste energy on it.

KNOW WHAT YOU ARE DEALING WITH

- Identify what is going on; learn how it makes you feel and work through those emotions.

FIND NEW MEANING

- Be flexible adapting to new realities and the outcome of it.

FIND THE POSITIVE IN THE CHANGES

- We tend to view change through the lens of fear, but often there's a positive side to it, find it.

TAKE CARE OF YOURSELF

- Change can be difficult and draining, so be compassionate with yourself

FACE YOUR FEARS

- Fear can paralyze you from making progress and growing, face them head on and see the growth that comes from it.

CHANGE YOUR PERSPECTIVE

- Reconstructing your outlook can lead to positive change. Willing to learn new things will help you grow as an individual.

TAKE ADVANTAGE OF NEW OPPORTUNITIES

- Change can lead to new opportunities, new friends, new business associates, new hobbies and new ideas.



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