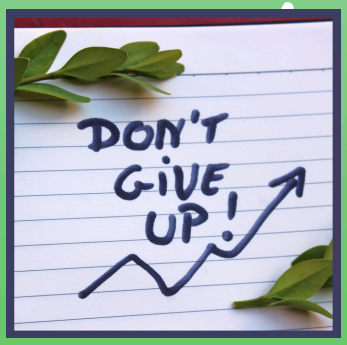
Change is inevitable. Growth is optional." ~ John C Maxwell

Adapting to Change*

Adjusting your thoughts, emotions, and actions in response to new circumstances—while maintaining enough stability to feel grounded. It's not about pretending everything is fine or ignoring how you feel. Instead, it's about: Recognizing what's within your control.



Tips to Adjusting**

1. Recognize it's happening
2. Write down the positive
3. Prepare, if possible
4. Quiet your mind
5. Be kind to yourself
6. Talk it out

Building Resilience Through Change***

1. Cultivate self-compassion
2. Lean into your support system
3. Set realistic expectations
4. Practice mindfulness

*BHSI **Centerstone ***Resilient Roots Psychotherapy