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Dealing With Change

Do you think of yourself as someone who embraces change? Why or why not?

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Think of a time in your life when you went through a change. It could have been that you moved, started at a different school, joined a new team or organization, started a new hobby, or anything else that cause a change in your normal days.

Thinking of that time, how did you feel?

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What are some strategies that allowed you to cope with the change at **that time**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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What are some **strategies you use today** to help cope with any change?

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Ways to Positively Cope with Change

1. Simply Notice
2. Face Your Feelings
3. Figure out when to Accept and when to Reject the Change
4. Adopt an Attitude of Anticipation, and be Grateful
5. Choose your Thoughts and Attitudes about each Change
6. Learn to Relax
7. Set SMART Goals