

A Beginners Guide to Dealing with Change



Try keep to as much of your regular schedule as you can.

Sometimes in times of transition or change, sticking to something familiar can ground you.

When everything is uncertain, it can help to keep some predictable elements in your life.

This can be scripture study, sleep schedule exercise, or spending time doing hobbies you enjoy!



Talk to a friend or mentor.

Blowing off steam can help when you're feeling pressured by new developments.

Meeting face-to-face or calling a trusted friend can ease stress and allow you to find perspective on your new circumstances.



Keep up healthy habits.

Although it may be easier to binge on junk food (which in moderation is necessary for sanity), too much can make you feel worse.

Exercise and healthy foods can boost serotonin levels, help you feel productive and more capable of handling stress.



Take a break from social media.

Social media can be a great tool for keeping in contact with friends. However, when you are feeling overwhelmed, it's easy to feel bad when you compare your life to the highlight reel of others.

Setting time limits or staying away from social media for a while can be helpful for your mental health.



***You got this.
Keep going,
you're doing awesome.***

