

Coping with change

Why change feels hard:

Change happens all the time – new school, new job, new friends, breakups, or moving house. Even good changes can feel stressful because they take us out of our comfort zone.

1 Tips for handling change

- Notice how you feel – nervous, excited, unsure. It's all normal. You can track your mood in YourCrew.
- Focus on the next step instead of the whole picture.
- Keep talking to your Crew – don't try to handle it alone.
- Remember: nothing stays the same forever. You can always adjust.
- Look after your basics: sleep, food, exercise, and downtime.
- Seek information. YourCrew's A-Z Guide is a great place to start.

2 How resilient people handle change

- See change as a chance to learn or grow.
- Ask for help early, not just in a crisis.
- Stay flexible – they adapt when plans don't work out.
- Set small goals and celebrate progress.
- Focus on what's going well, not just what's hard.
- Let yourself feel how you feel. Don't get stuck there, move through it.

3 Activities that help deal with stress

- Move: sport, walking, gym, yoga.
- Create: art, music, writing, drama.
- Calm: breathing, mindfulness or meditation.
- Connect: help others, volunteer, or join a group.
- Learn: try new skills to boost confidence.

Remember: Change can feel tough, but you don't have to do it alone. YourCrew helps you know where to go, what to say, and who to ask for help.

