Coping with Changes

Action plan

Sometimes it’s not as bad as it may seem at first, and it just takes a little time to get used to.

What is the change?

<table>
<thead>
<tr>
<th>Thoughts:</th>
<th>How can these be made positive?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Worries:</td>
<td>How can these be alleviated?</td>
</tr>
</tbody>
</table>

What can be controlled?

What are the positives about the change?

Where can support and advice come from?

Anything else I can do to help the change easier?