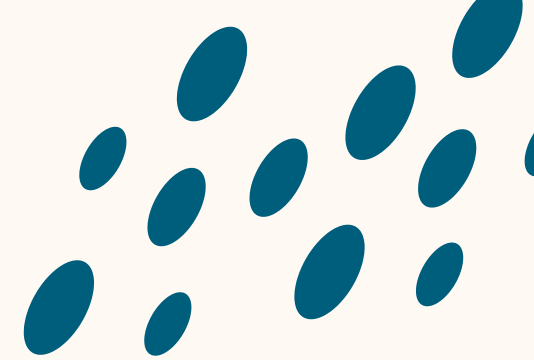


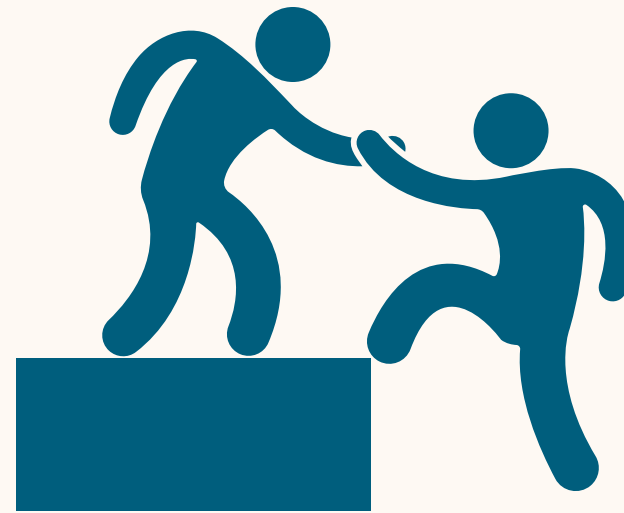
# How to Cope with Change



## 1 Seek help from others

- Talk with family & friends
- Join a support group
- Seek professional help

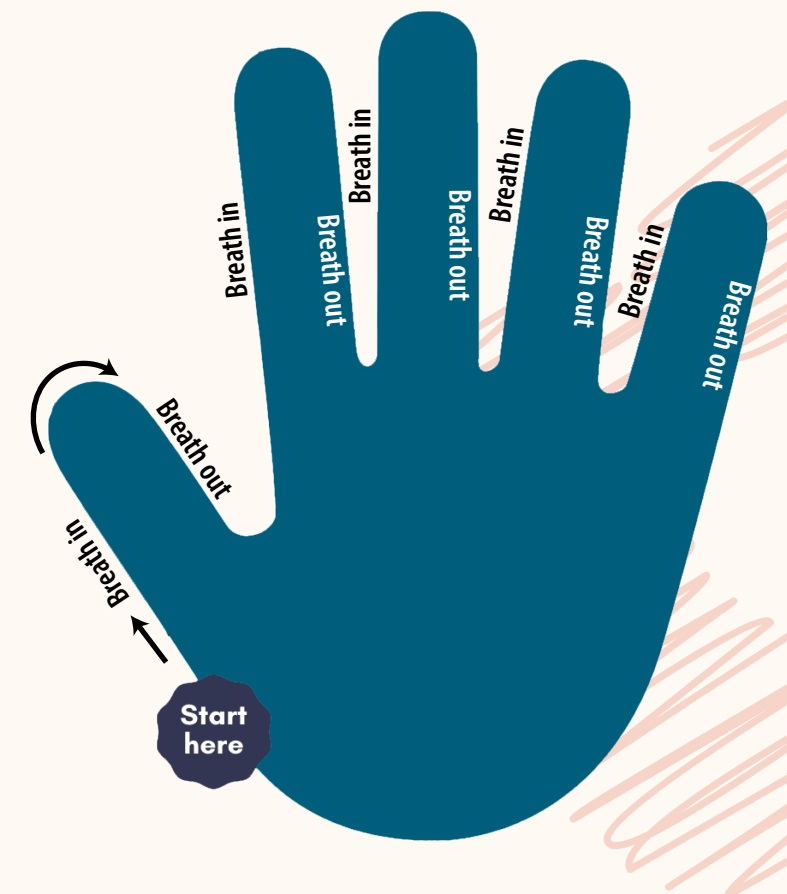
*This community can help to buffer stress and offer new perspectives on challenges.*



## 2 Manage your emotions

- Write down your emotions
- Practice 5 finger breathing to help you relax
- Do one thing at a time that you enjoy and give it your full attention (e.g. eating, reading, drawing)
- In the moment list: 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste

*These skills redirect your attention from distressing thoughts and reconnect you with your immediate surroundings.*



## 3 Problem solve

- Work on time management
- Think of solutions
- Take action to change the situation

*These skills shift focus from negative feelings and provide a sense of control and accomplishment.*



If you or someone you know is struggling, please reach out to your primary care provider or contact ACCESS at 1-844-55ACCESS.

