

## Ways we cope with our feelings when there is a **SUDDEN** change

- Count to ten
- Take deep breathes
- Try to get a few minutes of 'alone time'
- Talking your thoughts & worries through with a friend
- Find something to distract you- like reading
- Think if a happy thing to try & stay positive
- Take a big breath & just get on with it
- Try to remember a time before when these sudden changes have happened & you've been fine

## Ways to cope with our feelings when there is a **PLANNED** change.

- If you can, practice & get ready for the change if it is something like a test
- Have a 'big thinking' time
- See if you can find advice/information from someone who is an expert on that change
- Talking your thoughts & worries through with a friend or grown up
- Get prepared & use the time to find out information about the change
- Use the time to 'ease the panic' & try to find positive things about the change
- Try to remember a time before when these sudden changes have happened & you've been fine

**MR. COOL**  
Roger Hargreaves



# Our ways to 'stay cool' at times of change