

# ADAPTING IS WHAT I AM GOOD AT

*I HAVE BEEN DOING THAT, ALL OF MY LIFE ANYWAY*



**Adapting is Hard but so are You**



## **ACCEPTANCE**

*Don't resist, just accept*

**I NEED TO CHANGE  
I HAVE NO CHOICE  
WE ALL NEED TOO  
IT'S FOR MY GOOD  
I WILL GET USED TO IT  
ITS NOW MY NORM**



## **MINDSET**

**I CAN RESIST IT  
or  
I CAN CHANGE**

**WHICH IS EASIER?**

**REMEMBER**



2004  
SMOKING BAN



2006  
SEAT BELTS

**I ADAPTED TO  
THESE CHANGES ALSO**

**Strategies  
that can  
Support you**

## **SELF-COMPASSION**

*Be Kind To Yourself when adapting*

**THIS IS HARD  
I NEED TO TAKE CARE  
OF MYSELF  
I WILL TALK TO  
OTHERS IF I NEED TOO  
I WILL ASK FOR HELP  
IT IS THERE**

## **AFFIRMATIONS**

*Say these to yourself several times daily*

**I AM STRONG  
I WILL ADAPT  
I WILL GET  
THROUGH THIS TOO  
I HAVE GOT THOUGH  
A LOT WORSE  
THEN THIS**

### **Key Messages**

***Change is a good thing and we are being asked to change a lot at this time. If we do not change, we will not move forward.***

***Think about all of the changes and challenges that you have had in your life. And you have overcome them.***



***You will do the same here.  
You are so Resilient***

