

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**

