

Affirmations about Change

Change is a part of life; everyone experiences change.
I have faced change before, and I am learning how to
adapt to change.

Change may be painful, and accepting change may
help me suffer less.

Some parts of change may be out of my control; some
parts may be within my control.

I am always in control of how I respond to change; I
can control my attitude and my choices.

I can face new changes that come into my life;
change can help me grow.

Tools to Cope with Change

Practice self-compassion,
treat yourself like a friend.

Be present with yourself and breathe,
practice mindfulness.

Accept what you can't control,
focus on what you can control.

Remember how far you've come,
and what you've already overcome.