



IF YOU WOULD LIKE HELP WITH ADJUSTMENT



help with ADJUSTMENT

- **GIVE YOURSELF TIME TO ADJUST.** The way you are feeling is a natural response to a major life event or change that you have experienced and will not last forever.
- **THINK POSITIVELY.** Remind yourself of your strengths, skills, and abilities. What difficulties have you overcome in the past? How can you apply the coping skills you used then to your current situation?
- **CHALLENGE THE WAY YOU TALK TO YOURSELF.** Question whether the situation you feel negative about is as bad as it seems. Ask: "Is there another way to look at this?" "Am I focusing on the negative details and forgetting the positive details?"
- **KEEP ACTIVE.** Participate in activities you enjoy doing. Exercising can also make you feel good. Try a brisk 30 minute walk each day.
- **GET SUPPORT.** Talk to friends and loved ones about how you are feeling. Understanding and support from others can help you get through this difficult time and speed up the recovery process.