

# Drug Free Adams County

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**Drug Free**



**Adams County**  
*Rays of Hope for a Better Tomorrow*

## Change Happens

Change is a guaranteed part of life. It's something everyone experiences — both good and bad. Sometimes change happens in a big way when we aren't expecting it and can make navigating our path forward difficult. According to Mental Health America, by providing yourself with tools for processing change, you can adapt more easily and maintain a healthy lifestyle.



### Tips for Processing Change

- Focus on what you can control—such as how you choose to react to situations, how you start your day, and how nice you are to yourself and others.
- Write down your feelings and thoughts instead of bottling them up inside.
- Maintain self-care, even if it is something as simple as showering or taking walks.
- Find support in friends and family, online support groups, and/or a mental health professional.
- Make plans for the day or the week to help reduce uncertainty.
- Focus on the positives and things that bring you joy, and remind yourself often that you are strong and can tackle these changes.

Remember, change happens. The tips above can help you face the challenges they may present and overcome them. If you try these activities and still feel overwhelmed, protect yourself and seek professional help.