

*Week 2...Belonging*

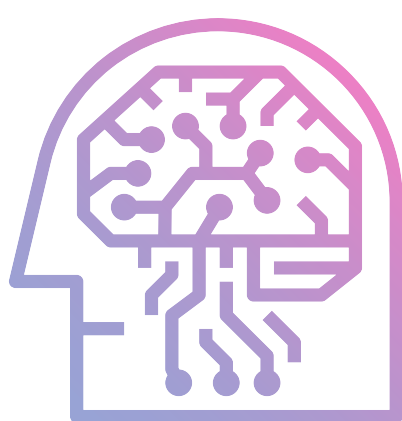
## HOW ARE WE COPING WITH CHANGE?

### WHAT DO I NEED TO KNOW THIS WEEK?



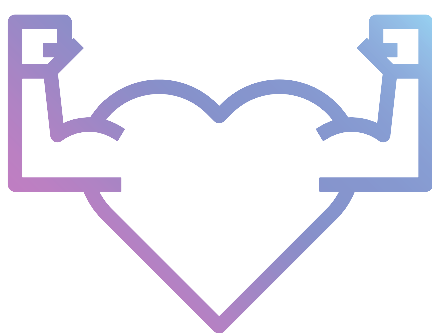
We may experience feelings we have never felt before and these may be difficult to understand.

It is normal to feel worried or anxious during times of change and uncertainty.



How we think affects how we feel and how we behave.

Everyone will have their good days and bad days.



Positive relationships can help us.

If we are more aware of each others thoughts, feelings and experiences, we can be stronger together.



### WHAT CAN I TRY STRAIGHT AWAY?

60 second meditation  
(pixelthought)