


Facing a change?

Colour your egg!
Can you do what it says?



Make time for
'normal'
and fun stuff

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Find new
opportunities!

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List things that
stay the same
and things that
change.

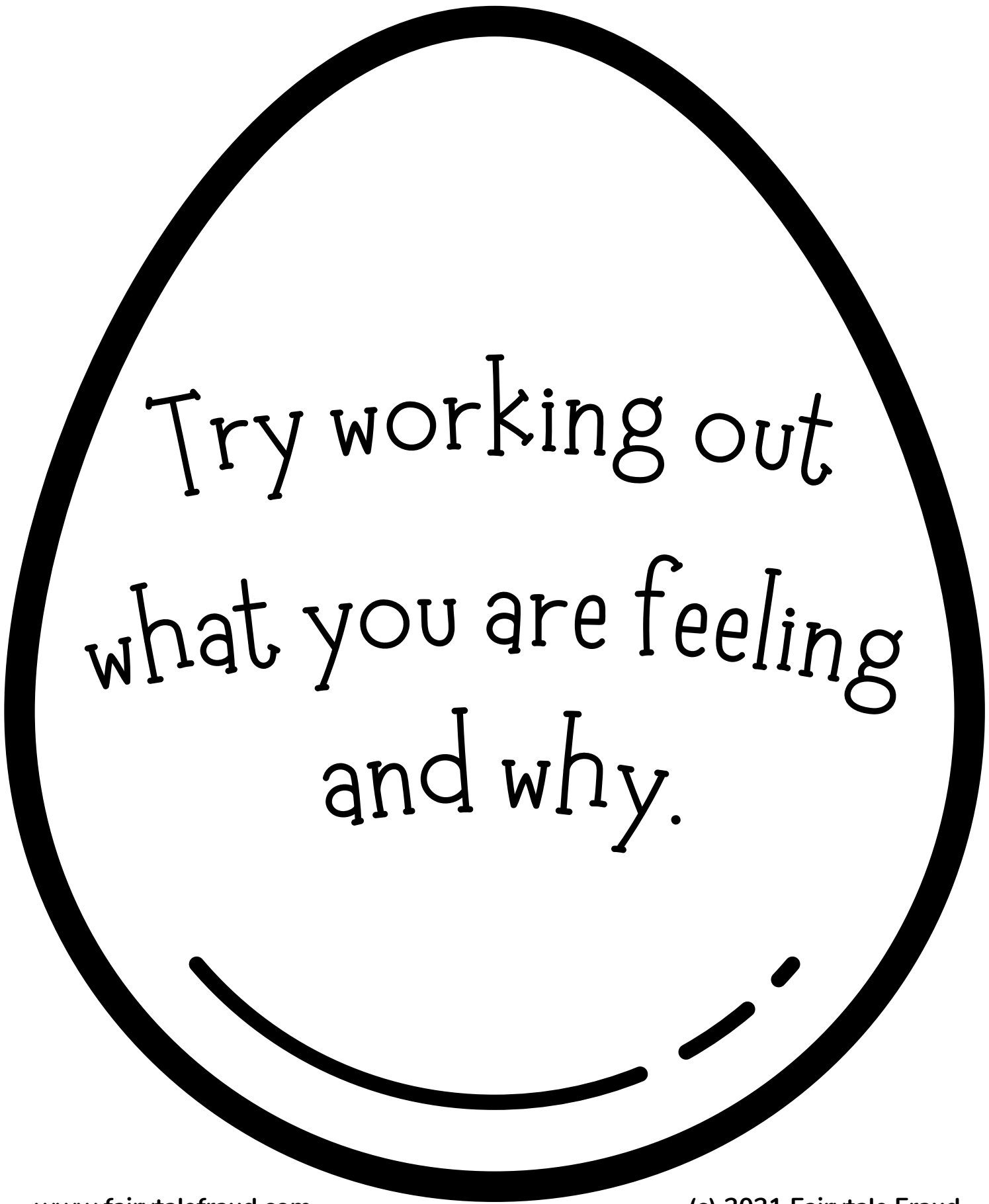
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Remind yourself
of how you've
coped before.
You'll be okay!

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Try working out
what you are feeling
and why.

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Ask questions
or for help
if you need it.