

# The Seasons Toolkit

## Riding the waves of change

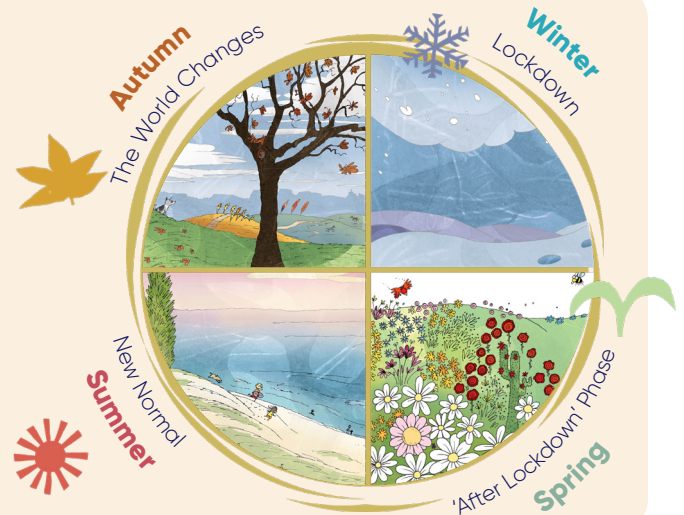
### Acknowledge

#### Life is like the Seasons

Our pandemic experiences have been characterised by on-going change and uncertainty.

This isn't always easy to navigate. The seasons offer a rich way to think about all the change and uncertainty.

Remember each season isn't exactly the same each time it comes around, and no season lasts forever.



### Manage

#### What ARE feelings?

Feelings are our personal response to a situation. They give us information, they don't control us.

We can take the information and choose whether and how to respond.

**Naming feelings can help reduce their intensity.**

Many other things can help too.

#### Think about what ...

- \* Relax you
- \* Help you connect with others
- \* Get you active
- \* Make you laugh or feel happy



### Move forward

**How can we live our best lives and make the most of the situation?**

**Ditch 'if onlys' and blame.**  
Focus on things you **CAN do**.  
This will help us cope with future change and uncertainty, too.

**And, remember as each season of life comes around, it takes a little time to adjust!**

If Only ...

**I CAN ...**

