

## A NTICIPATE

Prepare for change to reduce its impact and build resilience for the future

## A CCEPT

Embrace what you can't control to ease the challenge of change

## A DAPT

Shift your mindset to turn challenges into opportunities

## A LTER

Make changes in your environment to reduce stress and ease transitions

## A VOID

Minimize other stressors to stay grounded during times of change

Adapted from the Workplace Strategies for Mental Health [Coping With Change](#) resource.