



# THRIVING THROUGH CHANGE: STAYING GROUNDED DURING LIFE'S SHIFTS



## ► EXPECT CHANGE

Life is full of transitions—new schedules, shifting priorities, or unexpected events. Accepting that change is natural helps you adapt more easily and stay focused on what matters most.

## ► CONTROL WHAT YOU CAN

When life feels unpredictable, anchor yourself in routines and habits that give you stability. Small daily actions—like regular meals, movement, or bedtime rituals—help create a sense of calm.



## ► KEEP CONNECTIONS STRONG

Support from friends, family, or co-workers can make change less overwhelming. Stay connected through conversations, shared activities, or simply checking in. You don't have to do it alone.



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## ► MAKE TIME TO RESET

Transitions can be exhausting. Carve out moments to pause, reflect, or recharge—whether it's reading, a walk, or quiet time. Even short breaks can help restore your mental and emotional balance.

## ► STAY OPEN-MINDED

Summer is full of social events, but you don't have to say yes to everything. Set boundaries that protect your time and energy. It's okay to step back and prioritize your peace when life feels too busy.



## ► SELF-COMPASSION

Shifting seasons of life can feel messy. Be kind to yourself as you navigate change, and remember—it's okay to move at your own pace. Celebrate small steps forward, no matter how minor they seem.

## HOW BREE HEALTH CAN HELP

Bree Health offers confidential support, coaching, and resources to help you navigate life's changes with confidence. Log in through the Bree Health mobile app or visit us online to explore your benefits and find support that fits your journey.