



NAVIGATING CHANGE: MOVING FORWARD WITH CONFIDENCE



► STAY OPEN

Change is a natural part of life, even when it feels uncertain. Approaching new situations with an open mind can help you adapt more easily and discover opportunities you may not have expected.

► FOCUS FORWARD

It's easy to dwell on what has changed or what you've left behind. Instead, focus your energy on what you can do today and the possibilities that lie ahead. Small steps forward build confidence over time.



► ONE STEP AT A TIME

Major life changes can feel overwhelming, but you don't have to have everything figured out at once. Breaking challenges into smaller, manageable steps makes progress feel more achievable and less stressful.



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► STAY FLEXIBLE

Things don't always go according to plan, and that's okay. Being willing to adjust your expectations and adapt to new circumstances can help you navigate change with greater resilience and less frustration.

► KEEP LEARNING

Every experience—whether positive or challenging—has something to teach us. Taking time to reflect on what you've learned can help you grow, build confidence, and prepare for future opportunities.



► LOOK AHEAD

While it's important to learn from the past, don't lose sight of what's ahead. Focusing on future possibilities can inspire hope, motivation, and confidence during times of change.

HOW BREE HEALTH CAN HELP

Bree Health offers confidential support, coaching, and wellness resources to support your mental well-being. Log in through the Bree Health mobile app or visit us online anytime to connect with care that meets your needs.