

# Navigating Life Changes



When things change in life, sometimes you feel good about it, but other times you don't feel so great. Things like moving to a new school, parents splitting up, a pet being really sick, or losing a friendship can be a lot to handle. But change is a normal part of life.

When there are significant changes, the feelings that accompany them might be heavy and difficult to deal with. Sometimes those overwhelming feelings appear in our bodies, like your heart racing, sweating, shaking,

or feeling sick, tired or angry. Whatever you're feeling is valid and it's important to have some strategies to cope with them in a healthy way.

## Before Video

Prior to watching the video, you may wish to engage in a discussion about what "life changes" are. To prompt deeper thinking prior to watching the video, you may ask questions such as:

1. *When someone says "life changes" what does that mean to you?*
2. *What are some life changes you may encounter as a high school student?*
3. *How do life changes impact your physical and mental wellbeing?*

You may also ask students to engage in collaborative activities about things to do in general when they are trying to navigate big life changes. One such activity could be asking them to brainstorm changes that are positive as well as challenging.

## After Video

You may wish to discuss healthy ways to cope with change. Reviewing the information with your students may spark deeper reflection. Here are some questions that may prompt further discussion.

1. *What are some positive ways to cope with change?*
2. *How can I identify others who may be struggling with change and how can we help?*
3. *Who is my circle of support? Help students identify individuals or trusted adults they can talk to during big life changes. At home? In the school? Community?*
4. *Where else can I go for help? (counsellor, faith-based supports, extended family, crisis support, medical doctor) etc.*

## Resources

Here are some additional resources that you can share with your students:

1. *For immediate support, reach out to school staff such as your teacher or school counsellor*
2. **Kids Help Line:** 1.800.668.6868 or text CONNECT to 686868
3. **Fraser Health Crisis Line:** 604.951.8855 or 1.877.820.7444 (toll-free)
4. [www.erase.gov.bc.ca](http://www.erase.gov.bc.ca)
5. [www.foundrybc.ca](http://www.foundrybc.ca)
6. [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)