

Session overview

This session is to explore the different things that may change in life – good and bad, expected or unexpected – how you can predict and prepare for some changes and how you can manage changes.

Information for practitioner

In the guidance below are some examples to start off the different conversations – don't leap in with all of these at once but elicit what you can from their own thoughts. Use any additional ideas to add depth and breadth, encouraging the young person to share their ideas.

Pre-session action

Select a "Looking after yourself" exercise in advance for the close of the session.

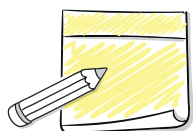
Resources needed for this session

- Pens
- Big sheet of paper
- Post-it notes.

Session

Check in with the young person as to how they have been since your last session. Are there any thoughts or feelings that you may need to reflect on and address before you begin this session?

Inform the young person what we are going to do in this session, sharing the overview.



Using the post-it notes explore the questions in **bold**

- **Is change always a bad thing?**

Discuss and write down on post-it notes as many examples of change as you both can think of – through this you will elicit positive as well as negative changes. Practitioner may need to prompt to get things started but allow space for young person's input. For example: moving house, growing up; changing school; being given a present; getting a new friend; losing a friend; leaving school; getting a pet; getting a haircut; finding a new band you like; passing an exam; choosing GCSEs; going on holiday; getting ill; cancelling plans; other people's choices; your choices; the seasons; birth and death; flowers turning to fruits; climate change; general elections; prices going up; getting a job; taking up a new hobby; adolescence; getting new clothes; getting braces; parents divorcing; new year's resolutions etc.



Using the big paper and pens

- **Which are good and which are bad?**

Divide a piece of paper into two halves and move the post-it notes into either 'good' or 'bad'. Tease out what would make them good and what would make them bad and whether they are fixed in one place. Look at whether there's anything good to be found in the bad changes and vice versa.

- **What can you control?**

On the post-it notes identify whether you can control or not control each change. Be aware that some examples may be in between the two depending on circumstances. Discuss whether this makes a difference as to whether they are good or bad?

- **Which changes might be expected, and which might be unexpected?**

Reflecting on two or three examples, discuss how some changes can be prepared for and some can happen without warning, and how this can affect how you feel about the change.

Practitioner and young person to think about a change that they have each experienced, one that does not cause them distress to reflect on.



List any good and bad things about these changes, including anything they have learnt about themselves and others because of the change.



Noticing change

Using one of the examples from the post-it notes, what might you notice if someone was struggling with this change?

This may include for example: sadness, stress, withdrawn, moody, avoidant.

What advice would you give them?

For example: having a routine in which changes can happen; exercise to burn stress and clear thoughts; finding ways to relax – think of some examples; acceptance – how do we accept change and move on? Set realistic goals and have realistic expectations; find things you enjoy; be kind to yourself.



Using the worksheet look at a change that you might face in the near future. Fill in the worksheet together and highlight the quote at the bottom about 'this too will pass'.



Reflection on this session

Change will always happen in life and by understanding and accepting this we can manage these changes better.



Looking after yourself exercise to close

"Circles of control" exercise is particularly useful for this session.

What is the change?

What's good about the change?

What are your worries around the change?

What can you do to help with some of the worries?

What can you control about the change?

What can't you control?

In five years' time what might the change look like?

Who could you talk to about the change?

Change happens. When you're going through a tough time it's worth remembering and saying to yourself **"this too will pass"**.

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