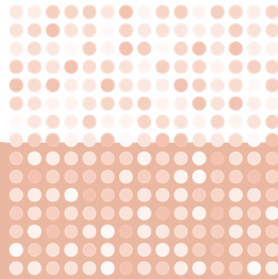




GLION SELF-HELP SERIES

Mental Wellbeing



Dealing with change

Read about this topic & understand
what you are experiencing, as well
as tips on how to manage it.



If you do not change direction, you may end up where you are heading.

Lao Tzu

Nothing is so painful to the human mind as a great and sudden change.

Mary Shelley



2500 years ago, Heraclitus said: “There is nothing permanent except change.” As you joined Glion, the word “change” takes on a real meaning for you. Maybe have you felt a “transition blues”, feeling dislocated, not fitting in this new environment, everyone seemed to know what is happening and you don’t, these are quite normal feelings. Remember that you are not alone and that these experiences are an opportunity to bond with other students.

The importance of change in the professional context is demonstrated by the fact that there is a field of study dedicated to Change Management, a subject you will learn about during your GIHE studies.



TIPS & TECHNIQUES



THE DIFFERENT STEPS OF CHANGE:

Identify your loss, name it, remember when and how it happened. It's normal to feel sad about it.

Grieve what's been lost, it's OK to feel sad.

Understand your loss, its impact on you, how important was it?

Think about the positive things that could emerge from your loss.

Accept the fact that you've lost something.

Transform your loss into a positive gain, learn what can emerge of it.



DEALING WITH CHANGE



Stay positive and accept the change as an opportunity.

Look on the bright side, test new experiences that challenge you, create a new network with interesting people, try new sports or activities.

Share your feelings with someone, friends, or family.

Learn about how to manage your stress and anxiety.

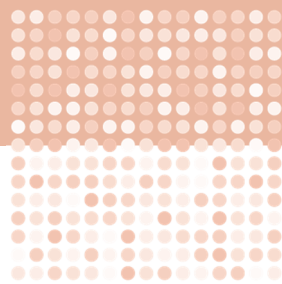
You can see these changes in your life as threats or opportunities. By looking at them positively, you will pass through uncertain times with more success and with good physical and mental health.

Create a new network of friends.



OTHER GUIDES IN THE
GLION SELF-HELP SERIES

- Anger management
- Anxiety
- Assertiveness
- Confidence
- Constructive criticism
- Coping with homesickness
- Depression
- Developing purpose
- Emotional Intelligence
- Enjoy what you have
- Exam anxiety
- Frustration
- How to be happy
- Learning from mistakes
- Loneliness
- Looking after yourself
- Managing conflict
- Managing conflict
- Motivation
- Negative thinking
- Overcoming procrastination
- Perfectionism
- Planning and prioritizing
- Public speaking
- Regaining control
- Relationship break-up
- Self-confidence
- Setting into university
- Stress management
- Time management
- Worried about someone



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