

The Seasons Toolkit

Riding the waves of change

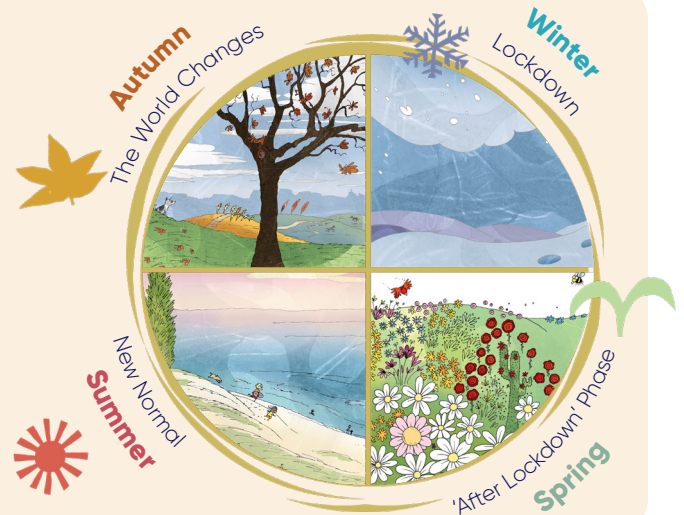
Acknowledge

Life is like the Seasons

Our pandemic experiences have been characterised by on-going change and uncertainty.

This isn't always easy to navigate. The seasons offer a rich way to think about all the change and uncertainty.

Remember each season isn't exactly the same each time it comes around, and no season lasts forever.



Manage

What ARE feelings?

Feelings are our personal response to a situation. They give us information, they don't control us.

We can take the information and choose whether and how to respond.

Naming feelings can help reduce their intensity.

Many other things can help too.

Think about what ...

- * Relax you
- * Help you connect with others
- * Get you active
- * Make you laugh or feel happy



Move forward

How can we live our best lives and make the most of the situation?

Ditch 'if onlys' and blame.
Focus on things you **CAN** do.
This will help us cope with future change and uncertainty, too.

And, remember as each season of life comes around, it takes a little time to adjust!

If Only ...

I CAN ...



This resource was developed by the Centre for Children and Young People at Southern Cross University in collaboration with The MacKillop Institute.