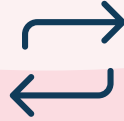
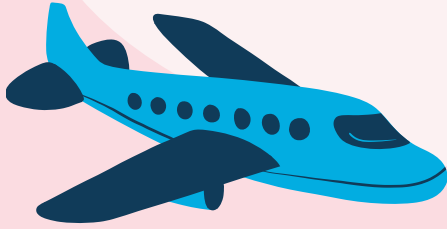


5 TIPS FOR DEALING WITH CHANGE



MOUNTAIN MEDITATION

Try this [8-minute guided mountain meditation](#) to help you stay grounded as the weather, seasons, and conditions change around you.

 **headspace**  wellbeing



STUDENT AFFAIRS DEAN

The [SAO Deans](#) can guide you through career advice and personal challenges. Schedule a meeting, visit Office Hours, or contact a Dean on Duty.



REMEMBER THE PAST

As you face a new change, remember a time you've successfully navigated a previous transition. Use that knowledge to help you cope with the present.



SUPPORT NETWORK

Family, friends, and advisors are crucial to successfully managing change. Learn resources to support your [Community Wellbeing](#).

