

# Summary

## Module 5: Change

This week we will identify strategies and tools to build and maintain resilience through times of change and transition. We will develop practices for building resilience which will help us navigate challenges and unexpected hurdles.

**CHANGE IS  
THE ONLY  
CONSTANT**



The only thing that we can be sure of in life is that things change. Some of us react to change by taking baby steps, some of us leap into every opportunity, and some of us might immediately panic and bury our heads in the sand. There is no 'right' way to respond, but it can be useful to think about!

This week we will explore the stages of change, with experiences like shock, denial, anger, depression, acceptance, and integration. We all know firsthand how change can feel like a rollercoaster. The more we grow and change in life, the more resilient we can become. Although change is sometimes scary, every experience we go through makes us even stronger and more capable of facing changes in the future.

