



**A simple book to help people
navigate unexpected times**

**Mel Churton
Registered Psychologist
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Sometimes things are going along normally and **something unexpected** happens!

It might make us feel a bit **worried**.



It might make us **frustrated**.



It might makes us feel **angry**.



It might us feel **sad or down**.



These feelings are all **NORMAL**.



People like **routine** and for things to be **predictable**.



This makes us feel **safe and calm**.

When things change, especially if these changes are **out of our control**, it can be:

- ☹️ Annoying
- ☹️ Stressful
- ☹️ Overwhelming

We can't control the unexpected thing, but **we can control our response.**



We can:

√ **Find out facts** so we know what to expect

√ **Talk** to other people about how we feel so we don't bottle it up inside

√ **Be kind** and support each other

√ **Use calming strategies** like breathing and listening to music and exercise or taking a nice warm bath to soothe ourselves

√ Try to think of any **benefits** from the unexpected change

√ Focus on things we can still be **grateful** for

If we just see unexpected things as bumps in the road, we can learn to **navigate** them rather than let them become roadblocks!



So if you are worried about unexpected things...



√STOP

√TAKE A BREATH

√HAVE A LITTLE THINK

√WHAT DO YOU NEED TO FEEL BETTER?

√DO THE THING YOU NEED TO DO ...

YOU GOT THIS 😊