

Note from the Counsellors' Desk - September 2022

Centre for Counselling and Health Services (CCHS)

The Key To..... Enjoying Life On Campus

Knock knock!

Who's there?!

Adaptation!

Adaptation who?



Adaptation I'm here to help you!

It's the season of adapting to a new lifestyle or adapting back! CCHS is here to provide you with the keys to leading an enjoyable and memorable life on campus

Acceptance is key!

Change is happening. Say it. Accept it. Embrace it. Do we always like change? No. But do we do it? Yes! Accept that some of these changes may be difficult.

The key being "some"

While some of the changes are bound to be positive. Write down the positives! Look at them when things get too much. Remind yourself why going through the hard parts is worth it.

Preparation is key!

"Before anything else, preparation is the key to success." Alexander Graham Bell. A good preparation is said to take longer than the delivery in itself.

Mindfulness is key!

What are your fears trying to teach you? Speak to them, and listen to what it is trying to tell you. Are they rational or irrational? Use your fears to your advantage. Fears will often teach you what area in your life needs work.

Communication is key!

Talk things out with your friends! They are likely to be dealing with the same changes as you are going through.

The key to yourself!

Kindness! We're often taught to be kind to one another and we forget that we need it too. Laugh it out, understand yourself the way you'd understand others, speak to yourself the way you'd speak to someone you love during a big change.

**Resilience:
Anticipate, organise, adapt**

[Watch now](#)

**The Hugging Tree:
A Story About Resilience**

[Watch now](#)

**7 Ways to Minimise
Resistance to Change**

[Watch now](#)

Suggested Books

- Brené Brown – The Gifts of Imperfection
- Dale Carnegie – How to Stop Worrying and Start Living
- George E Valliant - Adaptation To Life

Happy Unlocking Your Door to Peace, Happiness & Success
Best Wishes Always

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