

Managing Life Transitions

Meetings will be held on the following Tuesdays
February 1, 8, 15 and 22 at 2pm

Change can be hard, even if it's a change that you are excited about, I.e. starting college, moving, getting a new job, or taking off your mask. There can still be anxiety and fear experienced alongside your excitement. Transition is psychological and is the internal process that we all undergo to come to terms with and adapt to change. We can't always control the change; however, we can control ourselves and our response to the change.

This group will:

- Explore what transitions are affecting you
- Learn and practice skills to help you process your transitions
- Help you to challenge your anxiety and manage your expectations

Sign up now to reserve your space at <https://ysu.edu/student-counseling-services>

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