



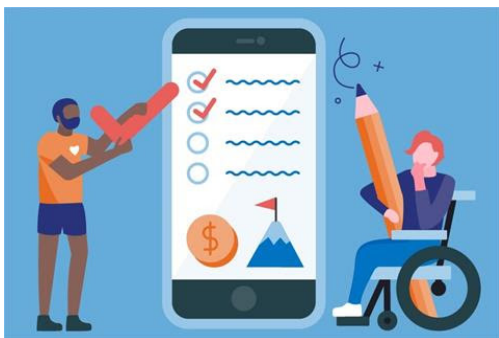
7 tips for dealing with change

School's back! Maybe you'd just gotten used to studying at home, or you're thrilled to be going back, or you're somewhere in between. 😬

Coping with change can be challenging at the best of times – it's probably pretty exhausting at the moment with the rules changing every week. For the moment though, we're going back to school and luckily, there are things you can do to get prepped for your everyday ups and downs.

Try out some of these tips to help you cope with what's going on, build resilience, and improve your wellbeing. And next time something unexpected happens, you'll feel better equipped and ready to power through it!

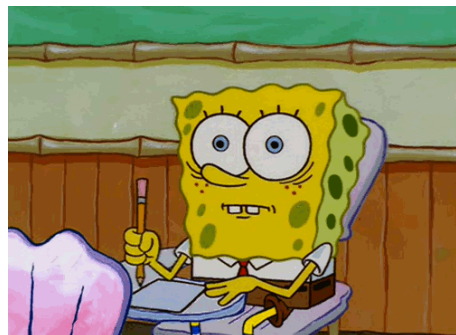
Get tips: <https://au.reachout.com/articles/7-tips-for-dealing-with-change>



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<https://au.reachout.com/delivered>



5 apps you need when school starts

Going back to school can be daunting at the best of times. Check out our top apps that can help make this easier and amp up your wellbeing.

<https://au.reachout.com/articles/5-apps-you-need-for-when-school-starts>



How to get a good night's sleep

If lockdown has turned your routine upside down or been stressin' you out, you're not alone. Learn how to get a good night's sleep so you can feel recharged and better equipped to handle life.

<https://au.reachout.com/articles/how-to-get-a-good-nights-sleep>



ReachOut Forums: Weekly Wellbeing

The theme for this week's wellbeing activity is 'shaking things up.' Check out some ways you can spice up your day, to help you feel more engaged and get out of the rut.

<https://forums.au.reachout.com/t5/Everyday-life-stuff/WW-Shaking-things-up>

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