

# Thriving Through Change as an Individual

Explore lessons which can be completed in around 3-5 minutes.



Monday	Wednesday	Friday	Suggested Activities
<p><a href="#">Embrace the Change</a> (2m 42s)</p>	<p><a href="#">The Psychology of Change</a> (2m)</p>	<p><a href="#">Grounding Yourself</a> (2m 43s)</p>	<p><b>Activity:</b> Try this <a href="#">guided practice for box breathing</a> to settle the mind and body. (3m 34s)</p>
<p><a href="#">Transforming Negative Emotions to Positive Emotions for Change</a> (2m 44s)</p>	<p><a href="#">Navigating Changing Relationships</a> (2m 54s)</p>	<p><a href="#">Adaptability and Pushing Past Old Beliefs</a> (4m 44s)</p>	<p><b>Activity:</b> Reflect on the change opportunities that are available to you. Which ones are most important to you now and for your future?</p>
<p><a href="#">Make Change Stick by Forming New Habits</a> (4m 25s)</p>	<p><a href="#">Maintaining a Growth Mindset</a> (2m 33s)</p>	<p><a href="#">Your Upper Limit</a> (4m 25s)</p>	<p><b>Activity:</b> Identify your current upper limit. How does a growth mindset support change through forming new habits or new ways of thinking?</p>

Join the [live Zoom discussion](#) on Oct. 6 from 12:00-12:30pm to connect with other participants as we discuss this topic and share our ideas.

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