



**Digital
Advocacy Hub**

Personal development

Understanding change



**Easy
Read**

Easy Read



This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



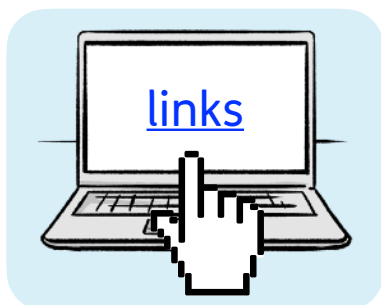
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

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About this booklet



This information is from the n-compass Digital Advocacy Hub.

At n-compass, we think everyone should have the chance to:



- Make choices and changes that will improve their life.



- Improve their **wellbeing**.
Wellbeing is the way you think and feel about life. Improving your wellbeing can help you to enjoy life more.



We call this **personal development**.

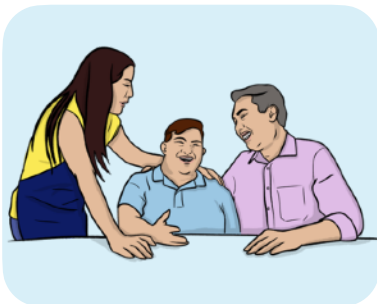


Part of personal development is understanding change.

This booklet will:

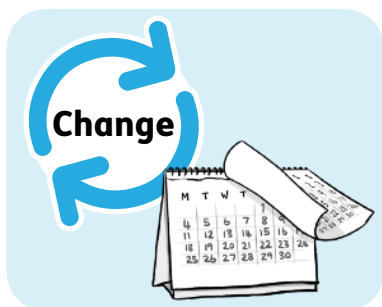


- Give you information about how change can be good.



- Help you with making changes that will improve your life.

Dealing with change



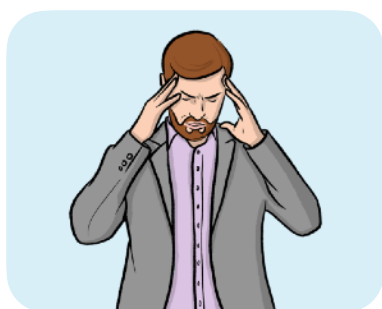
Change is always going to happen in your life.



Sometimes we choose to make changes ourselves.



Sometimes changes happen around us.

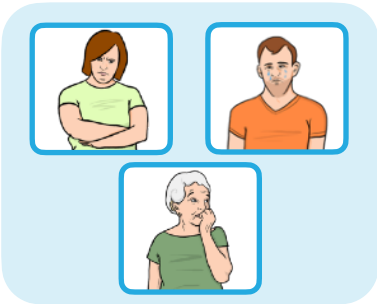


When changes happen around you, it may be harder to deal with the changes.

You may:



- Want to try and stop the changes.



- Feel angry, sad or scared about the changes.



You can learn to see change as a good thing.



Change can be a good thing as it often gives you the chance to learn or improve your life.



If you are very scared of change, you may need support.

You could get support from:



- Friends and family members.



- A **therapist**, if you are very scared about change.

A **therapist** is a professional who will talk with you about your feelings and help you to find a way to deal with your problems.

Making changes



You can make changes that will improve your life.



But it can be hard to know where to start.

Here are some tips to help you:

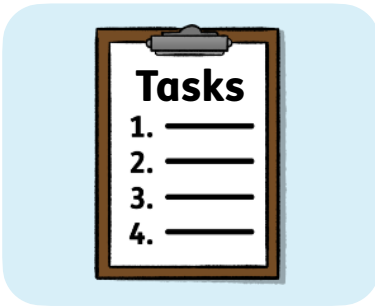


- Have a **vision** - this is how you want your life to be in the future.

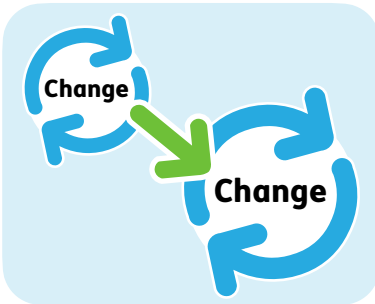


- Set goals that you think you can achieve.

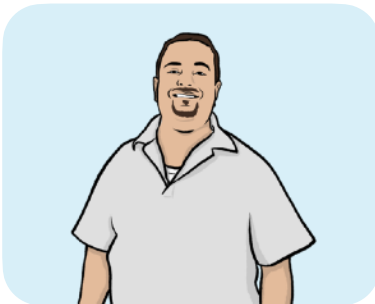
Here are some more tips to help you:



- Make your bigger goals into a list of smaller tasks.



- Start with smaller changes and then move on to bigger changes.



- Welcome the changes and be proud that you are making them.



- Be positive - remember, if things do not go as planned you can try again.



- Ask the people around you for help and advice if you need it.

Find out more



The n-compass Digital **Advocacy** Hub gives free and fair information about lots of different parts of life.

Remember, **advocacy** is helping people to speak or speaking up for them.



n-compass runs advocacy services across the north of England.



You can find out if we run services near you on our website:

www.n-compass.org.uk/our-services/advocacy



Or you can speak to us using the Sign video website:

www.ncompass.signvideo.net