



Learning How to Adjust to Transitions

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Transitions occur in numerous ways, for a variety of reasons, and at different times of life. Some are predictable and can be planned for, but some are not. Transitions can emerge in the form of any change in lifestyle, relationships, social roles, or within career/academic realms. Unfortunately, these situations can also cause people to struggle and promote increased distress, especially when we lack appropriate coping methods. However, it is important to remember that there are strategies that can be utilized to improve our ability to manage transitions which occur in life.

Engage in self-care practices: Caring for ourselves during times of change is critical. Engaging in basic forms of self-care, such as engaging in daily movement, getting enough sleep, and eating nutritious foods, can drastically improve our body's response to distressing transitions. Additionally, as we practice, we can learn to add in other forms of self-care, such as spending time with loved ones, seeking opportunities for fun and relaxation, and recognizing personal wants and needs.

Develop and identify new routines and activities: Creating stability in daily life can help us adjust during periods of change. It is typical to feel somewhat "out of control" when unplanned transitions occur, so attempting to recognize what you can control and taking action in these areas can be helpful. Further, many transitions provide opportunities to try something new by changing locations, schedules, or social relationships; therefore, allowing ourselves to take advantage of these opportunities can provide a positive shift in the situation.

Reframe to identify positives: Even if the change experienced was unwanted or unplanned, it is likely that there are some positive aspects of the change. Identifying potential benefits or positive outcomes may allow you to develop a new perspective on the situation.

Seek support: Reach out to others. It is important that we learn not to isolate during times of difficulty, as engaging in social activities is known to provide numerous positive mood benefits. Friends and family are often willing to help, and support may also be gained from others experiencing the same transition.