



Smoothing Life Transitions

Whenever you move from one life situation to another, whether you're going from being a college student to a full-time employee, a worker to a retiree, or even a parent with kids at home to an empty nester, there is going to be a period of adjustment. You may feel a bit off balance until you get used to your new normal. No matter what the circumstance, these general tips can help make the transition a bit smoother.

Get a roadmap for what lies ahead. Tap friends or acquaintances who are already in the next phase, read books, or look into support groups devoted to the next stage. Learn what you can about the pitfalls and how others navigated the new normal successfully.

Allow time to adjust to your routine. If you're going from being a student to a full-time employee, for example, not only will you need to get into good eating and sleep habits, you will also need to figure out how to handle your finances, and manage your workday efficiently. Take cues from coworkers to see how they handle job assignments and balance their work and life. Make good use of time management resources like day planners and digital reminders.

Newly single? Let positive people and experiences in your life. Share your feelings to get the support you need. Live in the present. Don't get caught up in the blame game or label yourself a failure if your relationship didn't work out. Renew your old interests and develop new ones.

Allow yourself to feel. Transitions often trigger a mix of overwhelming emotions and suppressing them can make moving on more difficult. For example, if you are transitioning from having a full house to an empty nest, let yourself grieve the loss of the presence of your children.

Consider the opportunities of growth. Relocating for a new job or another situation can be disorienting and draining. Look at it as a chance to expand your horizons, widen your circle of friends and make discoveries that can spark newfound energy.

Turn to Us

Experiencing a difficult transition? Your Health Advocate Licensed Professional Counselor can provide support and coping strategies. A Work/Life Specialist can help locate resources including support groups, offer tips for time management, and more.

Turn to us—we can help.



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