

# Navigate Life's Transitions



# Objectives

- Life Transitions
- Predictable and unpredictable
- The emotional rollercoaster
- Strategies for moving on
- Reflection
- Ask for help
- Don'ts and denial
- Developing a vision

# What are Life Transitions?

- The predictable and the unpredictable
- Lifestyle choices and life balance
- The process of growth and aging
- Changes... new chapters!

# Be Prepared for Everything and Anything

“Before anything else, preparation is the key to success”

- **Alexander Graham Bell**

# Predicable

- Buying a house
- Changing jobs/ new career
- Divorce
- Getting married
- Having children
- Kids going to college
- Death



# Unpredictable

- Accidents
- Changing jobs/ new career
- Divorce
- Health issues
- Death
- Financial change
- Relationships – family & friend



# The Emotional Rollercoaster

- In any given day you can go from anger to excitement
- Listen to your body
- Remember to be kind... when we go through tough times kindness and compassion need to kick in
  - In order to feel we can accomplish and rock the world we first need to get to kind

# Strategies for Moving on

- No pity parties
- Let go of why and focus on moving forward not backwards
- Trust your gut
- Take responsibility
- Learn its ok not to be perfect – we learn from our mistakes
- Ask for help if needed

# Find Time to Reflect

- Meditation
- Yoga and walking: good time to use reflection
- Journal
- Talking about your life plan and goals with others



# Ask for Help!

- Find a mentor, advisor, friends
- A positive person who has been through it and has the experience can help very helpful
- Sometimes we need help and support and it is OK!



# Don'ts

- Don't use food or alcohol as a crutch
- Don't be in denial
- Don't make huge decisions too quickly
- Don't beat yourself up
- Don't compare yourself to everyone else
- Never underestimate how powerful you are
- Don't resist change

# The Dangers of Denial

- Can impact your health
- Has an effect on others around you and in your life
- Impacts your productivity at work
- You are not focused on REALITY!
- We tend make assumptions when in denial

# Develop New Visions

## Questions to ask yourself

- How do you keep yourself excited?
- How do you stay positive?
- What do you do for fun?
- Can you dream bigger and better?
- Have you set goals?



# Let WorkLife4You Make Your Life a Little Easier!

**Contact WorkLife4You 24/7:**

**1-877-WL4-NOAA - (1-877-954-6622)**

(TTY: 1-800-873-1322)

**<http://www.worklife4you.com>**

Look for the Member Login box

Not a registered member yet? Follow the “**Start Now**” link and enter Registration Code: **noaa**



[FOH.hhs.gov](http://FOH.hhs.gov)