

Tips for Dealing with the Transition

- **Face your fears....recognize the worst case scenario...it probably won't happen**

Think about the first day of school or when you started a new job, you were scared, but it turned out ok...so will this

- **Be Proactive – Set Goals**

Look forward to obstacles that you think you may encounter and make plans. Set goals that will help you ease into the change.

- **Focus on the Positives**

Look at the good things coming from the change. Focus on things that you can control and work with that.

- **Anticipate and Manage your Stress**

Know when things will be stressful and prepare yourself. Practice mediation, take breaks, and reward yourself when you have accomplished a goal.

- **Accept the Change and Reframe your Thinking**

Sometimes we simply must accept what is. So you may need to reframe how you are seeing the situation and focus on the new opportunities that will be available instead of the negatives

- **Ask for Help**

Don't be afraid to ask someone for help. Keep your support system intact and be sure to lean on them for advice and encouragement through the transition...you are not alone!!