



# Coping with life's transitions?

## 7 tools that can help

Getting married, parenting, moving, changing careers, heading to college, losing someone, and retiring are all examples of life transitions. While normal and unavoidable, here's seven practical tools to help manage the inevitable changes that life throws at us.

**Plan ahead:** Positive changes, like getting married or having a baby, can still cause stress. Planning ahead can help you handle whatever comes up.

**Practice self-care:** Do what you can to get enough sleep and exercise, eat healthy, acknowledge your feelings by writing in a journal, and take time to relax. All these behaviors can help you be at your best while undergoing times that can be emotionally intense.

**Socialize:** Spending time with friends and others can be a welcome distraction, and way to relax. Friends can be crucial sources of support during major life events. They may have gone through similar experiences, and can offer advice, or even just a listening ear.

**See a therapist:** Therapists are trained professionals who can help you work through stress, anxiety, depression, and grief. They can teach coping strategies to use for a specific moment in time, or for the rest of your life.

**Reflect:** Transition points in life are the perfect opportunity to help you consider your future. Think back on how you made it through uncertain times to build your confidence so that you can thrive in the present as well.

**Find a role model:** Chances are there is someone you can talk to who is familiar with the issues you're going through who could offer insight. Moreover, inspiration can be anywhere you look, even a character in a movie or book.

**Change your mindset:** Even if a transition feels devastating at first, like losing your job or having to move, try to see the positives. Changing up your routine stimulates your brain, while providing a fresh perspective.



**Want to  
learn more?**

Go to  
[Blog.PacificSource.com](https://Blog.PacificSource.com).

