

MOVING FORWARD WITH WHAT'S WORKING

How to retain wellbeing during life transitions

When we experience transitions, it's easy to become intensely focused on our challenges. Sometimes, in our efforts to address those challenges, we can accidentally undo what's working and impact our wellbeing.

1 Reflect

As you're moving into a new transition (even one you want), reflect on what's going on now.

Has anything helped you...



Strengthen your relationships or feelings of belonging?



Feel emotionally and physically safe? Are there new ways where you've been able to be true to your core identities?



Make things feel more predictable? What routines do you like that you put in place?



Feel a sense of pride and accomplishment?



Get what you need without shame, danger, or difficulty?

2 Retain

As you move forward, what can you do to keep these things in place or in your back pocket to call upon when needed?

3 Repeat

Repeat this process every couple months or whenever you are navigating any kind of transition.

Your life and the environment will change, and with that your understanding may change. This process may help you retain those helpful strategies that you discovered along the way.