



Coping with Transition

Stress Management Tips

- **Care for yourself** by eating well, exercising, and resting when needed. Avoid stimulants such as caffeine, chocolate and nicotine and depressants such as alcohol.
- **Seek out comfortable, familiar surroundings** and avoid spending too much time alone.
- **Share your thoughts and feelings** with those who are supportive and helpful — don't try to block recollections. It helps to talk about them. Feel free to set boundaries with people who have not been helpful in the past.
- **Don't be anxious** if reactions from past transitions re-emerge even though you may have felt those issues were resolved.
- **Give yourself time to recover.** Difficulties with concentration, memory or decision-making are common but short-term reactions. Seek help if reactions are interfering with job responsibilities. Focus on concrete, easily-achievable tasks.
- **Remember that difficulty sleeping,** nightmares, flashbacks, and feelings of being "hyper-alert" are common and will diminish in time.
- **Do not compare or measure your reactions** to those of other people — each individual's experience is unique and personal.
- **Communicate your feelings clearly.** Others may not know how to respond to you appropriately. Let them know which responses are helpful and which are not.
- **Seek help from a professional counselor** if symptoms persist.

Remember... In a crisis, your confidential Health Advocate EAP+Work/Life program is available 24/7.

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Common Reactions to Transition

Physical Responses

- Change in sleep patterns
- Change in appetite
- Shallow, rapid breathing
- Dizziness
- Headaches
- Muscle Tension
- Increased heart rate
- Stomach upset

Emotional Responses

- Shock or numbness
- Anger toward others involved
- Fear
- Depression
- Guilt/frustration
- Sadness
- Feeling unsafe or vulnerable
- Loneliness

Mental Responses

- Confusion
- Difficulty concentrating
- Difficulty remembering details of event

Behavioral Responses

- Withdraw from others
- Angry outbursts
- Crying
- Irritability
- Decreased energy/ambition
- Marital/relationship conflict
- Increased use of alcohol or medications
- Fear of being alone