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.

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

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