Coping With Transitions

Presented by Military & Family Life Counselors
Participants will learn:

» Common struggles people have in dealing with transitions

» Helpful tips for managing change

» Personal guidelines for smoother transitions
Agenda

» Ways to Deal with Transition and Change
» Discussion: How We Respond and Cope with Transition
» R.A.F.T: Reconciliation, Affirmation, Farewell & Think
» Reengagement
» Personal Guidelines for a Smoother Transition
» The Adapt Model
Ways to Deal with Transitions

You have three choices to deal with transitions:

» You can refuse to accept it
» You can accept it but just put up with it to survive
» You can accept it and try to benefit from it and grow
Small Group Discussion

» How do you typically respond during times of transition?

» What is most helpful during transitions?

» What is most challenging?
  – Family issues
  – PCSing
  – Working with new individuals

» What item or object brings you the most comfort during transitions?
» Reconciliation

» Affirmation

» Farewell
  - People
  - Places
  - Possessions – period of grief, pack the house up, unpack at the new house

» Think next (plan ahead)
  - Expectations
  - Don’t worry: look at what you have control over
Struggle with Re-Engagement

» Choose not to re-engage

» Don’t like or know the new culture/environment
  – This could even be just a new region of the same country

» Fear of losing old friends and support systems

» Personality styles
  – Will I get along with new service members?
  – Will my kids like the new school?
  – How will my spouse adapt?
Personal Guidelines for a Smoother Transition

» Be Flexible

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» Ask yourself: What is the worst thing that could happen?
» When possible, plan ahead and manage one transition at a time.
» Look at ways you have successfully dealt with transitions in the past.
» Avoid overcomplicating things and overreacting.
» Remember, transitions include changes in relationships, work, financial issues. These are things we face on a regular basis and do so successfully.
The Adapt Model

» Adjust Expectations
  – Become realistic

» Develop Support
  – Find resources that can help you

» Activate a Commitment
  – Take this as an opportunity to grow and learn

» Prioritize Goals
  – Make them attainable

» Transition into Your New Identity
  – You are a real person in a new situation
Mistakes in Handling Change

» Expecting others to manage the change for you
» Deciding not to change
» Trying to control the uncontrollable
» Avoiding new assignments
» Losing sight of the personal mission
» Grief is a normal part to any major life change
» Developing coping skills is important for a smooth transition
» Adjusting expectations and developing a support system can assist with any type of transition
» Remember you have been successful in the past with change and transitions
Resources

» Military Community Services
» Chaplain and Local Clergy
» Military OneSource  (800) 342-9647
» TRICARE  www.tricare.osd.mil
» Behavioral Health Services