



# COPING WITH TRANSITIONS

Presented by Military & Family Life Counselors

# OBJECTIVES

## 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?



# R.A.F.T.

- 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
- Be Flexible
- Be Flexible





# SMOOTH TRANSITION

- 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

## **A**adjust Expectations

- Become realistic

## **D**evelop Support

- Find resources that can help you

## **A**ctivate a Commitment

- Take this as an opportunity to grow and learn

## **P**rioritize Goals

- Make them attainable

## **T**ransition 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



# CONCLUSION

- 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





**QUESTIONS?**

# RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE [www.Tricare.mil](http://www.Tricare.mil)
- Behavioral Health Services







**THANK YOU**

