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

Adapt 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
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
- Behavioral Health Services
THANK YOU