

Speaker Notes

Title of Presentation: Coping with Transitions

Page 1 – none.

Page 2 – none.

Page 3 – none.

Page 4 – none.

Page 5 – During times of transition and change, we typically feel out of control. When this happens, we look for things in life we can control, like what we eat and what we do. We also look for things that make us feel safe. This may be an object or someone we feel close to that we can talk to. Items and objects in this context could pertain to a religious object or symbol, or can also be anything that has emotional and/or meaningful value to you such as a gift someone gave you.
Permanent Change of Station (PCS)

Page 6 – none.

Page 7 – none.

Page 8 – Flexibility is the key. You must be willing to adapt as things change.

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- **What is the worst thing that can happen?** After you answer that, make a plan of action. Most of the time the worst won't happen but if it does, you have a plan in place.
- **When possible, plan ahead and manage one transition at a time:** This can help you from becoming overwhelmed.
- **Look at how you have dealt with change and transitions in the past:** This may be from other time periods in your life when you weren't in the military. Use what you have learned from previously. Build on past successes.
- **Avoid overcomplicating things and overreacting:** Be aware of your thoughts and feelings. Talk over issues with your family or support system. Try to stay focused on facts and not rumors.

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- **Adjust Expectations:** we have more difficulty with our stress level when our expectations don't meet up with our reality. Having realistic expectations can help you lower your stress reaction to the change. Transitions take time. Allow yourself time to grieve and adjust. Allow your kids time to adjust as well.
- **Develop Support:** It's important to feel that you are not alone and that you have supportive people you can turn to in times of need.
- **Activate a Commitment to grow:** To get through this successfully, each time you encounter a new experience, you learn and grow as a person. Take this opportunity to learn about strengths you may not have realized you had.
- **Prioritize goals:** Remember to set small and attainable goals. You don't want to set goals that can't be achieved or you'll get frustrated and give up. Look at what needs to be done immediately and what can wait.
- **Transition into Your New Identity:**
- **There are many resources** out there that can help you. Don't be afraid to ask for help. Whether you are new to an installation or just have new people to work with, this is a time of transition and you may need additional support.

Page 11 – none.

Page 12 - When we talk about change in life, there is a period of grief that is associated with the change. People will have feelings of anger, denial, and sadness. The ultimate goal of the grief cycle is

acceptance of the change taking place and finding ways to take something positive from that change.

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Page 14 – none.

Page 15 – none.

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