The Experts Say – Fall 2018

Mental health professionals offer some effective ways to handle life’s transitions.

September 3, 2018 By Kate Ferguson

Accept that change is a constant and normal part of life.

Although new circumstances can trigger fear, anger, anxiety and confusion, these feelings will subside as time passes and you will adjust.

Think of changes as opportunities.

Instead of regarding life-altering situations—such as being fired, losing your home, getting divorced or having to relocate—as entirely negative, approach such events as the first step you take in the direction of a new life.

Don’t isolate yourself.

Turn to trusted friends and family members for support. Talking with others can provide you with a new outlook on your experiences. If loved ones are unavailable, professional counseling can help you through rough spots.

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