

Life Transitions & Adjustment

Coping when roles, identity, routines, relationships, or expectations change.

Transitions create loss and possibility

Even positive changes can produce stress. Moving, marriage, divorce, parenthood, retirement, career change, graduation, illness, relocation, or recovery can disrupt identity and routines.

Helpful tasks

- Name what was lost, not only what was gained.
- Create new routines before waiting to feel settled.
- Identify which parts of your identity remain stable.
- Allow mixed emotions without treating ambivalence as a bad decision.
- Build connection in the new context deliberately.

Adjustment takes time

The goal is not to “get over” change quickly but to build a workable life around the new reality.

Try this reflection

What part of the old version of life are you still grieving, and what part of the new version deserves investment?

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.