

Tip sheet

Transitions

Life is a series of transitions, and how we handle them can significantly impact our wellbeing and success. These may include a change in role, supporting children changing schools, settling into having an empty nest, etc. Here are some tips to help you navigate this positively.



Personal transitions

Embrace change

Instead of resisting the transition, acknowledge it and embrace the level of control you have.

Set clear goals

Define your goals and aspirations during this time. This provides a greater sense of purpose and direction.

Build a support system

Surround yourself with friends, family and mentors. Sharing your experiences can provide new perspectives and encouragement.

Focus on self-care

Pay attention to your physical and mental wellbeing. Engage in activities that bring you joy and relaxation to help manage stress.

Learn and grow

View transitions as opportunities for personal and professional growth. Each change brings a chance to acquire new skills, broaden your perspective and discover hidden talents.

Supporting others in transition

Communicate openly

Maintain open and honest communication with those undergoing transitions. Encourage them to express their feelings and concerns.

Find information

When supporting young people (e.g. into new schools or moving out), equip them with some information about their new environment. This can reduce anxiety and build their confidence.

Be patient

Understand that everyone adapts to change at their own pace. Be patient and offer support without imposing expectations.

Celebrate achievements

Recognise and celebrate milestones. Positively reinforce that change can lead to success and growth.

Foster a positive mindset

Encourage a positive mindset by highlighting the potential benefits of the transition (e.g. opportunities for learning and making new connections).

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