

coping with major **LIFE TRANSITIONS**

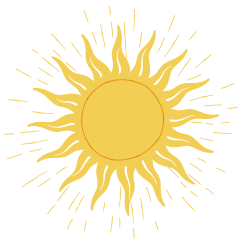


Retirement | Graduation | Job Transition | Parenthood | Partner Separation | Loss | Moving | Medical Diagnoses

SUGGESTIONS

1. **Establish and stick to a routine.** Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.
2. **Stay hydrated and eat well.** Eat something green, cook a nutritious meal and try cooking something new!
3. **Find a long-term project** to dive into whether it be a craft, reading, developing a new skill, organizational project or physical goal.
4. **Find a mental health outlet** that benefits you. Therapy, yoga, meditation, or support groups.
5. **Create community** to connect with others through social groups, classes, religious organizations, clubs, volunteering, going to the gym, and more.
6. **Find lightness and humor in each day:** watch cute animal videos, a stand-up show, or a funny movie on an online streaming service.
7. **Take control of your daily chores.** Start small and work on one project at a time.
8. **Create a wellness toolbox** that you can use to help soothe yourself when you are feeling down: cuddling with your pet, listening to your favorite music, practicing breathing exercises, taking a warm bath, or reading a good book are just a few tools you might find helpful.
9. **Remind yourself that change is temporary** and you'll adjust to your new routine with time.

30 MINUTES EACH DAY



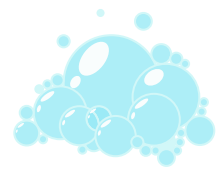
Get your daily dose of sunlight or fresh air by going outside.



Find some time to move your body, whatever your capabilities are.



Connect with others via text, call, Zoom, or in person to seek and provide support.



Treat yourself kindly inside and out. Shower, moisturize, and brush your teeth every day.