When Your Life Is Turned Upside Down And Dealing With Major Changes Workbook

Table of Contents

ntroduction To Major Changes	1
Dealing With Major Changes Exercises	2
Exercise 1: Assess The Situation	2
Describe the situation	2
Break down each facet of the situation and name the	
corresponding emotions	3
Identify which facets you can control and address	7
Identify those that you can dismiss	8
What necessary measures can you take to address the situation	9
Exercise 2: Accept The Situation	12
How much control do you have over the situation?	12
What aspects can you not control?	12
Write a statement about accepting what is in front of you	14
Exercise 3: Reframe	16
What positive aspects exist in this situation?	16
What can you learn from this situation?	17
How does dealing with this situation in positive ways enhance	
your personal growth?	19
How can going through this help you in the future?	21
Exercise 4: Get Support	23
What type of support do I need?	23
Who can I turn to for support?	23

Exercise 5: Establish A Routine	26
Time	27
Monday	27
Tuesday	27
Wednesday	27
Thursday	27
Friday	27
Saturday	27
Sunday	27
Exericse 6: Implement Stress Management Strategies	29
Select the stress manegement techniques you will implement	into
your routine	29
Exercise 7: Practice Self-Care	29
What is lacking in your self care plan?	29
Do you neglect self care?	31
If yes, what are the reasons?	31
What activities bring you joy?	32
What activities bring you inner peace?	33
How do you show yourself self-compassion?	34
What healthy distractions work to get your mind off your	
troubles?	35
How can you add more time for these distractions into your	
routine?	
Exercise 8: Set Boundaries	37

What boundaries are lacking in your life?	37
Consider what aspects of your life need bounfaries?	38
Do you have trouble setting boundaries?	39
If yes, describe the reasons	39
What are the benefits for you of setting boundaries?	41
Write a statement to yourself describing how setting boundaries an act of caring for yourself	
What boundaries do you need to set?	44
Make a plan to set those boundaries	45
Exercise 9: Focus On The Facts	46
List all the facts associated with your current challenge or chang	
List those things that are not facts but create emotional uphead such as fear of the unknown, and panic and projecting what mighappen	ght 47
Consider what external assets you have to help you overcome t situation	
List all the facets of the situation that you can control	50
List all the facets of the situation that you cannot control	52
Make a plan on how you will deal with the things you can contr	
Write a letter to yourself to let yourself know that you will let g	go 57

Exercise 10: Gratitud	de	59
Make a gratitude li	ist	59
Make a plan to con	ntact the people on your list t	hat you are
grateful for to let t	hem know how grateful you a	are for them being
in your life		61
Journal Free/Writing		62

Introduction To Major Changes

Major changes can create significant stress and chaos in our lives, even when those changes are considered positive. Major changes are those that involve a significant amount of preparation and work and have complex situations or major expenses.

Major changes include:

- Death of a spouse or child
- Divorce
- Marital separation
- Imprisonment
- Death of a close family member
- Personal injury or illness
- Marriage
- Dismissal from work
- Marital reconciliation
- Retirement

Other examples of major life changes can include pandemics, bankruptcy, the birth of a child, children leaving the nest, natural and man-made disasters, starting a business, and even menopause.

Given all this information, it's imperative to learn to manage major changes in their lives. Developing this critical skill can go a long way to preserving peace and maintaining overall health and wellness.

Dealing With Major Changes Exercises

Exercise 1: Assess The Situation

The first step in appropriately dealing with a major change should always be an acknowledgment and a thorough assessment of that situation.

Describe the situation

Brea	ak down each facet of the situation and name the corresponding emotions
Face	et 1:
Face	et 2:

Facet 2:	
Facet 3:	

Facet 4:	
Facet 5:	

Identify which facets you can control and address

Identify those th	at you can dismiss	
identity those th	at you can disiniss	

What necessary	measures car	n you take to a	ddress the situa	ation	

	_

-	
-	
-	
-	
-	
-	

Exercise 2: Accept The Situation

Much of the mental and emotional anguish we experience in relation to major changes comes from living in a state of denial or trying to fight the change itself.

How much control do you have over the situation?
What aspects can you not control?

-	
-	
-	
-	
-	
-	
-	

Write a statement a	about accepting what is in front of you

	_
-	

Exercise 3: Reframe

Reframing is the act of looking at a situation or a circumstance through a different lens. Major change often causes people to view things from a negative lens. The focus becomes the unexpectedness of the change, the inconvenience of the change, the challenges the change poses, or the stress the change causes within daily life.

What positive aspects exist in this situation?

What can you learn from this situation?				
What can you learn from this situation?		_		
What can you learn from this situation?				
What can you learn from this situation?				
What can you learn from this situation?				
What can you learn from this situation?				
what can you learn from this situation?	NA (
	what can you is	earn from this situation?		
		_		

_
_
_
_
_

How does dealing with this situation in positive ways enhance your personal growth? Consider, building your inner strength and resilience as a couple of example.

How can going through this help you in the future?

Exercise 4: Get Support

Tackling any challenge alone can be daunting, and major changes can certainly be a challenge. Surrounding yourself with a community of people that can be both physical and emotional sources of support can be vital in maintaining wellness when going through a major change. What type of support do I need?

Who can I turn to for support?

Family members	
Friends	

-	
Therapist	
·	

Exercise 5: Establish A Routine

A significant agitator when a major change takes place is the lack of control we feel over the situation. Routines can re-establish a sense of control and normalcy that can help us navigate major changes. Knowing what to expect on a day to day or even an hourly basis can help establish a sense of calm and keep us grounded in the midst of major change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Exercise 6: Implement Stress Management Strategies

Stress management strategies can be used to prevent and minimize the stress experienced during a major change.

Select the stress management techniques you will implement into your routine
☐ Exercise (Just 20 minutes of exercise can produce these positive effects and help you cope with major change)
☐ Meditation
□ Yoga
□ Rest
☐ Tai Chi☐ Moderate intensity exercise several times per week☐
☐ Healthy diet
☐ Time management
☐ Set limits and boundaries
Engage hobbies
□ Proper sleep
Avoid alcohol and drugsGet support from friends and family
☐ Spend time with people having fun
☐ Relaxation
☐ Progressive muscle relaxation
☐ Aromatherapy
Exercise 7: Practice Self-Care
Self-care is the practice of doing those things that promote an overall sense of well-being and nealth. Self-care is unique to each individual person and what works for one person in one situation may not work for another person in the same situation. Some ideas include, listening to music, journaling, taking time for yourself, saying no when overcommitted and others.
What is lacking in your self-care plan?
For example, proper diet, stress management, etc.

_
—
—
—

Do you neglect self-care?
Yes No
If yes, what are the reasons?

What activities bring you joy?

What activities bring you inner peace?

How do you show yourself self-compassion?

What healthy distractions work to get your mind off your troubles?

How can you add more time for these distractions into your routine?	

Exercise 8: Set Boundaries

A boundary is a line we set to keep ourselves safe- this can be physically, mentally, or emotionally. Setting boundaries is another way to facilitate feelings of control during times that can generally be chaotic and unpredictable.

What boundaries are lacking in your life?	
For example, do you say yes to people asking for help when you are burned out?	

Consider w	hat aspects of your life need boundaries?
	e, the pandemic is overwhelming many people, and some have decided to limit how will discuss the subject and instead look for distractions to keep their mind off the

Do you have trouble setting boundaries?
Yes No
If yes, describe the reasons.
For example, perhaps you worry people won't like you, or you have a hard time with looking out for yourself. Write about it in detail.

What are the benefits for you of setting boundaries?		
Be specific.		

Write a statement to yourself describing how setting boundaries is an act of caring for your setting boundaries is a setting boundaries and your setting boundaries is a setting boundaries and your setting boundaries is a setting boundaries and your setting boundaries are setting boundaries.	
Write a statement to yourself describing how setting boundaries is an act of caring for yourself describing how setting boundaries is an act of caring for yourself describing how setting boundaries is an act of caring for yourself describing how setting boundaries is an act of caring for yourself describing how setting boundaries is an act of caring for yourself describing how setting boundaries is an act of caring for yourself describing how setting boundaries is an act of caring for yourself describing how setting boundaries is an act of caring for yourself describing how setting boundaries is an act of caring for yourself describing how setting boundaries is an act of caring for yourself describing how setting boundaries is an act of caring for yourself describing how setting boundaries is an act of caring for yourself describing how setting boundaries is an act of caring for yourself describing how setting boundaries is an act of caring how setting boundaries is an act of caring how setting how setting boundaries have been active to the care of the care	
Write a statement to yourself describing how setting boundaries is an act of caring for your setting boundaries is a constant of the your set	
Write a statement to yourself describing how setting boundaries is an act of caring for y	
Write a statement to yourself describing how setting boundaries is an act of caring for y	
Write a statement to yourself describing how setting boundaries is an act of caring for y	
Write a statement to yourself describing how setting boundaries is an act of caring for y	
Write a statement to yourself describing how setting boundaries is an act of caring for y	
Write a statement to yourself describing how setting boundaries is an act of caring for y	
Write a statement to yourself describing how setting boundaries is an act of caring for y	
Write a statement to yourself describing how setting boundaries is an act of caring for y	
Write a statement to yourself describing how setting boundaries is an act of caring for y	
Write a statement to yourself describing how setting boundaries is an act of caring for y	
Write a statement to yourself describing how setting boundaries is an act of caring for y	
Write a statement to yourself describing how setting boundaries is an act of caring for y	
Write a statement to yourself describing how setting boundaries is an act of caring for y	
Write a statement to yourself describing how setting boundaries is an act of caring for y	
Write a statement to yourself describing how setting boundaries is an act of caring for y	

What boundaries do you need to set?				

Make a plan to set those boundaries				

Exercise 9: Focus On The Facts

Focusing on the facts and not the fear-based and stress-based reactions is key. While the former brings on mass anxiety without any constructive action, fact-based awareness, intentions, and the subsequent actions taken can bring the balance needed to feel a sense of control. Break the cycle of catastrophic thinking by focusing on the facts.

List all the facts associated with your current challenge or change

Consider only the present moment, what has occurred and what is rooted in reality and not possible outcomes that you imagine

ngs that are not facts but create emotional upheaval, such as fear of the unknow I projecting what might happen

What inner assets do you have that will help you overcome this situation?	?
Consider your traits, inner strength, resilience, and proactive attitude.	

		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
Consider what		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	
		o help you o	vercome the	situation	

-			
-			
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	
List all the facets of the	situation that you can con	trol	

_
-

List all the facets of the situation that you cannot control			

	_
·	

Make a plan on how you will deal with the things you can control			

_
_

. <u></u>	

Write a letter to yourself to let yourself know that you will let go of all the things you cannot control

Exercise 10: Gratitude

Gratitude is a grounding practice. It creates balance when focus is so deeply set on things that are going wrong, such as the case when our life gets turned upside down, for whatever reason. There is comfort in gratitude. Gratitude is hope. Gratitude is a positive mindset.

Make a gratitude list

Include everything in your life that you are grateful for, including people. Keep your gratitude list with you and review it often.

Make a plan to contact the people on your list that you are grateful for to let them know how grateful you are for them being in your life	

Journal Free/Writing

	

-	
_	
_	
·	

_
_
_

_	

-	
	_

-	
_	
_	

