



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

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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.

Facet 3:

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Identify those that you can dismiss

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Lined writing area with 30 horizontal lines.

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?

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What aspects can you not control?

Lined area for writing an answer to the question: "What aspects can you not control?"

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Lined writing area (top section)

Write a statement about accepting what is in front of you

Lined writing area (bottom section)

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What can you learn from this situation?

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Lined writing area with 30 horizontal lines.

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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 |
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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 drugs
- Get 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 health. 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.

A page with a blue dotted border and horizontal lines for writing. The page is mostly blank, with a few lines of text at the bottom right.

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.

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List those things that are not facts but create emotional upheaval, such as fear of the unknown, and panic and projecting what might happen

Consider what external assets you have to help you overcome the situation

Consider your support system.

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List all the facets of the situation that you can control

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