

Bouncing Back



Major life changing events, positive or negative can be difficult. Often, re-establishing a sense of balance, purpose or focus may seem an insurmountable task. Whether it is the birth of a new child, a promotion, a physical move, the end of a relationship or the death of a loved one, these events may leave us feeling thrown off track. Rallying the resources to move forward is always possible and the following tips may help:

Make Acceptance a Goal

Take a look around us. Assess what is and move toward accepting it. Accepting does not always feel good, yet it is the only way to move from where we are.

Remove the word 'Fair' from our Vocabulary

Particularly in painful situations, it is tempting to ask, 'why me?' or to want to impose our ideas on what 'should be'. Focusing on the injustice of life can prevent our ability to move closer to the situation we want.

Focus on the Lesson

Every major life event comes with it a bag full of lessons. It is helpful to focus on what we learnt about ourselves as well as on the opportunities for growth.

Wonder what my Ideal self would do

When the going gets tough it is easy to act, out of frustration, anger or guilt. Pausing to think about what our ideal self might do, helps us to select the best way forward in spite of how we may feel.

There is always a New Normal

This may not feel like the place we wish to be in, yet it is helpful to consider the fact that a hurdle does not destroy plans and may sometimes reveal more opportunities than first imagined.

Remember Self-Talk

The things we say to ourselves may either serve to encourage our move forward or help keep us stuck. We are often our own biggest critic so remember to engage only in positive self-talk.

Remember always that when life gets painful or challenging, we are not alone. Reach out to our support (family, friends or MyEAP).

If you are interested in receiving more information about bouncing back from major life events remember that MyEAP is here to help. Contact us at eap@familiesinaction.net or log on to My EAP at www.myeap.familiesinaction.net with your username and password.