

Transitioning Well

2022 Webinar Series

June 3, 2022

One of the greatest values of mentors is the ability to see ahead what others cannot see and help them navigate a course to their destination.

John C. Maxwell

3 Types of Transitions

1. Natural Transitions/ Milestones
2. New Opportunities
3. Unexpected Losses

How do we effectively transition through changes in our lives so we can move forward successfully?

I can do all this through him who gives me strength.
Philippians 4:13

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.
Romans 8:28

Natural Transitions/ Milestones

These are the events in our lives that are expected, things that we can prepare for and have a general sense of when they may occur. If we are wise we will plan ahead for these transitions so that they will be easier to navigate.

Some examples are

- Getting your first job
- Graduating from School or College
- Moving out on your own
- Dating
- Getting Married
- Having Children
- Aging

What keeps us from making these natural Transitions?

- Fear
- Insecurity
- Lack of experience
- Negative past experiences

When you think of Natural Transitions that you have been through, are currently going through or anticipate in the future how do you feel about them? Do you feel like there is anything that hinders you from transitioning into these new seasons well? Use the space below to write down your thoughts.

New Opportunities

These are the life events often come unexpectedly but if we were to pursue them they could potentially have a positive impact on our future. However when stepping into new opportunities it may require you to let other things go that are dear to you.

Some examples are

- Promotions
- Surprises
- Recognition
- Failure
- Being fired or Laid off

What keeps us from accepting these new Opportunities

- Comfort Zones
- Fear
- Feeling of being unprepared
- want what is Familiar
- Insecurity

New opportunities can come in many different ways, some expected and others by surprise. When you think of how you have or may process new opportunities what is your initial response? Is there anything that keeps you from wanting to pursue new opportunities?

Unexpected Losses

These are the life events that happen often unexpectedly or suddenly. These losses can leave us stuck and unsure how to move forward.

Some examples are

- Death of a loved one
- Miscarriage/ infertility
- Injury
- Illness/ Medical Diagnosis
- Accidents
- Natural Disasters (fires, floods, tornados, earth quakes)
- Divorce

Why is it difficult to process these unexpected losses?

- Denial
- Defeat
- Stuck in the Grief Process.
- Want to give up
- Hopelessness
- Depression

Unexpected losses will often leave us in shock and unsure how we will move forward. When thinking of these kinds of losses in your life how do you normally handle these losses? What keeps you stuck in the pain of the loss.

Stages of Grief

Shock & Denial
Pain & Guilt
Anger & Bargaining
Depression, Reflection
Upward Turn
Working Through
Acceptance

2 Corinthians 1:3–4

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

What part of the stages of grief do you find the most difficult to do? Use the space provided to write down your reflections.

You must mourn your losses or you will grieve forever.

“

Grief is the feelings that you feel regarding a loss. Mourning is the expression of those feelings.

”

Acknowledge

Acknowledging the season you are in is the first step in being able to be able to transition through it.

Acknowledge how you feel. Don't stuff these feelings or ignore them. They will help you find your way through.

What are you feeling?

Why are you feeling that way?

What can you do about it?

*Cast all your anxiety on him because he cares for you.
1 Peter 5:7*

Allow yourself to Mourn

Allow your self to express outwardly the feelings of grief.

Grief often comes in waves. Like the waves on an Ocean each time they come let them wash over you. Let the emotions come and do not try to hold them back.

Who in your life can you trust to help you grieve well, who can you pour out your thoughts, emotions, and fears to. Write down who these people are and what you would say to them if given the chance?

*Yet this I call to mind and therefore I have hope: Because of the
Lord's great love we are not consumed, for his compassions
never fail. They are new every morning;
great is your faithfulness.
Lamentations 3:21-23*

Acceptance

Realizing the fact that most the change that we are faced with is outside our control will help you come to a place of acceptance.

Write down all the things that are outside your control, then write down the things that you do have control over and think about what you can do about it to help you process through this transition more effectively.

Re-Evaluate

You will need to re-evaluate what will serve you in your new season. Not everything will be beneficial or necessary.

You may need to stop doing some activities to properly go through your grieving process.

Saying no to things that are not imperative will be important to do.

What are some things that you will need to say no to in this season so you can heal and grieve effectively. Write them below.

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11

Step into the new

All changes welcomes us into a new adventure. A chance to continue living the life you were created for.

As long as you have breath your life has meaning and purpose.

Don't let these trials, losses and set backs to keep you stuck. Accept the loss, release the emotions, get back up , dust yourself off and look onward to what God has next.

Isaiah 43:18-19

Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.

Activation

PONDER ON YOUR MOST RECENT LIFE TRANSITION

Step 1: How has this impacted your life?

Step 2: Have you given yourself the permission to grieve?

Step 3: Is there anything you are going to have to give up or say No to in this season to give you the opportunity to process this loss?

Step 4: Looking forward are you able to see the good that God has in store for you?

The secret of Change is to focus all of your energy, not fighting the old but building the new.
– Socrates

Our Mission and Vision

Our mission is to offer support, resources and opportunities for healing to those struggling with mental health issues. We achieve this through group mentoring session, one on one sessions and offering online courses that can be done at one's own pace to find freedom.

We desire to change the stigma and effects that these issues present in families. We find that these are generally passed on to other generations and we want to break that cycle. Where those we work with can find freedom and to pass that on to their future generations.



Our Story

Often times in our most vulnerable and critical times we find that we journey alone. It is often because we are afraid to open ourselves up to others to let them know that we are struggling. Other times it is because we have a hard time finding others who can relate or help in our great time of need.

No matter what you are going through you are not alone. Our foundation is in the knowledge of God's care and participation in our lives. We want to make ourselves available to those seeking our support so that you do not need to journey alone anymore.

Contact Information

For Support, Mentorship and Resources

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