NAVIGATING LIFE TRANSITIONS PROGRAM

Week 1: Introduction to Life Transitions

Discover the four types of life transitions and how to thrive through each.

Transitions often affect your mental health more than you may realize. Studies show that unanticipated transitions can lead to increased anxiety, while sleeper transitions (those we don't expect to have a big impact) often surprise us with the magnitude of their emotional weight.

Reflective Exercise

Think about a recent transition in your life. Identify which of the four types it fell within (Anticipated, Unanticipated, Nonevent, or Sleeper)? Describe below how this transition impacted your emotions and your day-to-day life.

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TODAY'S INSPIRATIONAL REFLECTION

Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality.

— Lao Tzu