

Change is a constant in life that everyone experiences. It is an interruption of a comfortable pattern that has been mentally extended to the future. When the unexpected happens, this can cause feelings of vulnerability and loss of control. For a person who has experienced trauma, whether it be from mass or interpersonal violence or due to a life event, it is common to feel disoriented and violated when a change has occurred. Change can be activating and may feel risky or unsafe even if it's not. Incorporating ways to navigate forward is crucial.

Ground and Anchor

Focus on the familiar, like a regular routine, your favorite TV show, or comfort. Stay in the present and that will help the past stay in the past.

Surround Yourself with Trust

Is social media aggravating your feelings? Take a break. Hang out with people who understand. Talk to your support person or a mental health professional.

Name it

Acknowledge your feelings. Write them down. Say them outloud. Share them. Denying the change is like fighting the current. Flow with it, look for encouragements in the new direction you are taking.

Stick to Healthy Meal, Exercise, and Sleep Routines

Rebooting and refueling our bodies helps us have the strength and energy to address the rest. Reinforcing the physical-you reinforces the mental-you.

Gain Perspective

Evaluate how much control you have over the situation. Take back the control by focusing your feelings and your reactions. Focus on your values and tell the fear to take a hike. Fight the worry, hate, or despair and remind yourself that you are in charge of your reaction.

Training your brain that change is ok and YOU are ok will help you cope.