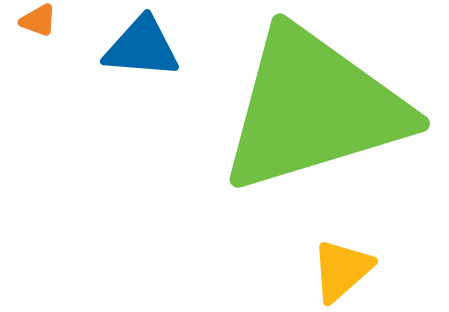


Moving Forward: Transitioning to Your Next Normal

EAP TRAINING EVENT

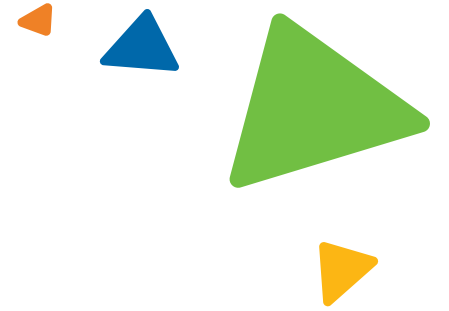
Objectives

- Discuss reasons we currently feel stress
- Describe tips to help you adapt to your next normal
- Identify when it's time to seek help






Why we are feeling stress



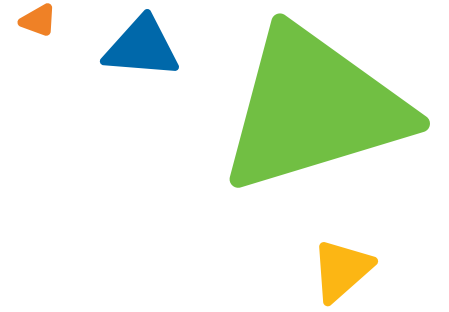
- In our lifetime, we've never experienced these types of rapid changes in our personal and professional lives.
- We are constantly getting new information to process.
- There's concern about our health and adjusting to changing guidelines.



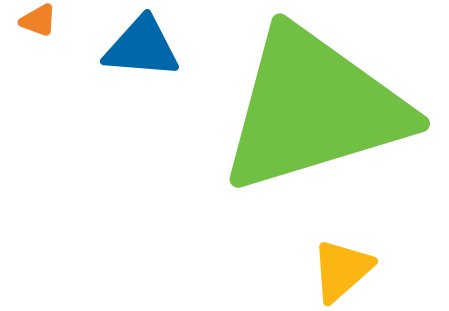
“To navigate this transition skillfully, we all need a high-degree of self-knowledge and self-compassion. We’ll need to recognize the warning signals when our threat response is getting triggered and give ourselves the time and space we need.” —Dr. Cortland Dahl

Manage emotions

1. Identify and validate what you're feeling
2. Engage with supportive people
3. Practice stress-reduction techniques



Build resiliency



Practice
compassion



Look for the
possibilities



Engage in self-care
and nourishing
activities

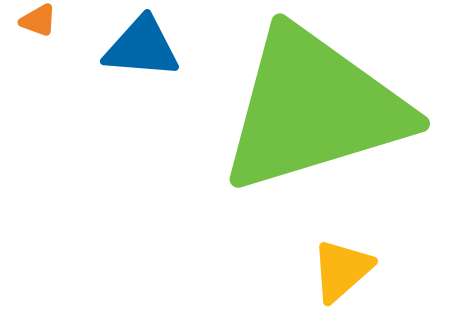
Tips for managing your new normal

- Evaluate your feelings and thoughts
- Address your concerns
- Explore your options
- Share your opinions
- Be supportive, flexible and adaptable





When it may be time to seek help



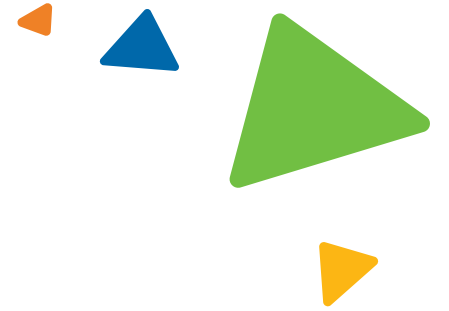
- Not sleeping well or sleeping too much
- Conflict in primary relationships
- Trouble focusing
- Using substances to cope
- Feeling increasing despair and/or anxiety
- Isolating (vs. social distancing)
- Changes in appetite
- Thoughts of self-harm

Food for thought

“Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort.” —Deborah Day

“Be present. Be kind. Compliment people. Magnify their strengths, not their weaknesses. This is how to make a difference.” —Marcandangel

“The gem cannot be polished without friction, nor man perfected without trials.” —Chinese Proverb



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Thank you!

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