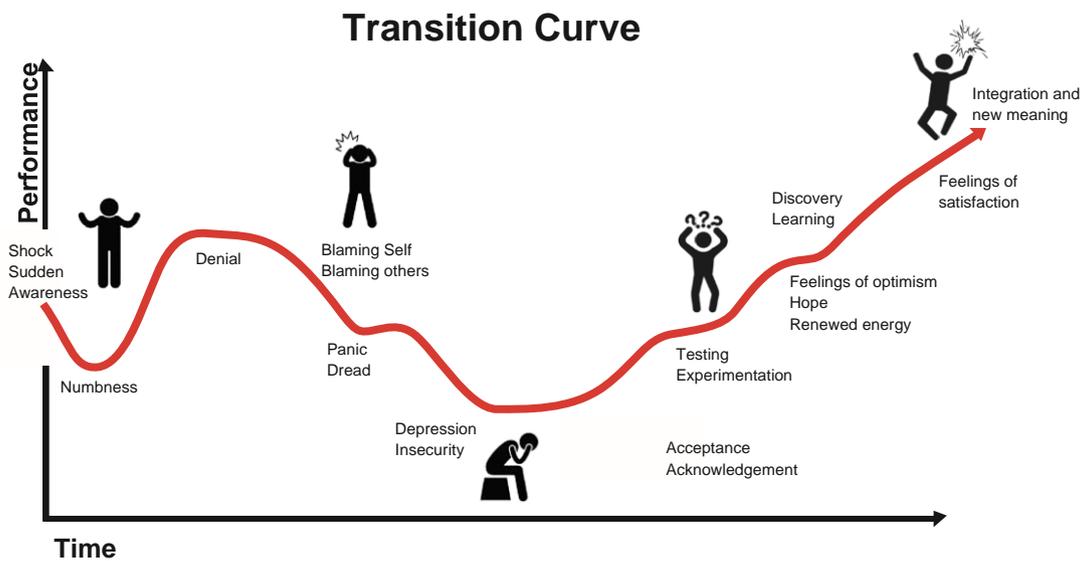


When thrown into change, it can be difficult to adjust, especially if the change affects your working and financial situation. A common reaction is one of feeling out of control and disempowered. Along with this can be feelings of shock, anxiety, anger, guilt, and apathy. You are likely to move through a range of emotions, as you can see in the transition curve below.



Transition Curve (adapted from John Fisher, 2012)

Some common reactions at each of these transition points include:

Shock, Denial	Unable to believe that it has happened. "You're joking!"
Anxiety	A feeling of emptiness, perhaps numbness
Euphoria	Making the best of it and minimising the reality of the change. "Now I've got the time to ... paint the house, do the garden – I didn't like the job anyway"
Anger	Blaming someone else – "They should have..."; "It's not fair"
Guilt	Self-blame – "If only I had..."
Apathy	A sense of powerlessness and hopelessness as the reality sinks in
Depression	
Acceptance	Letting go of the past, and the emergence of a new energy
Hope	Exploring new opportunities
Positive action	Moving forward to the future

Adapted from Nathan & Hill, 1992

While experiencing a degree of stress is normal, and necessary for growth and development, too much stress can result in experiencing a range of emotional and physical symptoms, such as lack of energy, not sleeping well, outbursts of anger, and feelings of hopelessness. This is when stress is causing distress. If we don't recognise this and do something about it, this may result in illness.

HOW CAN YOU EFFECTIVELY MANAGE THESE TIMES OF STRESS AND ANXIETY?

- **If you have any concerns or questions about your health**, you should always consult with a healthcare professional.
- **Talk with someone you trust** such as a friend, family member, partner, counsellor, career specialist or someone else who has had a similar experience and understands what you are feeling.
- **Establish a regular routine** – when you suddenly don't have to get up each day and go to work, it can be hard to get motivated. Having regular activities from the start will help to keep you motivated and obtain a sense of achievement.
- **Include activities that give you energy** and make them a regular part of your day. Talking with friends, going for a walk, watching a movie or reading a book can help to balance your day and give you the resources you need.
- **Eat well and exercise** regularly. It is easy to indulge in unhealthy habits when under stress, but ensuring that you eat balanced meals, drink lots of water, and exercise at least three times a week will set you up to cope well.
- **Practice relaxation techniques that work for you.** Yoga, meditation, massage, or just deep breathing can all help to calm when feeling anxious.
- **Get sufficient sleep.** Establish a routine like taking a walk in the evening or meditating to feel relaxed and ready for sleep.
- **Know that what you may be experiencing is normal**, and you will work through this.
- **Work out a financial plan** so that you can stay in control of your finances, and you may wish to consult a financial advisor for assistance. See <https://financialadvice.nz/> for further help and advice.
- **Identify what you do well.** Focus on your achievements, qualities and strengths to maintain a positive feeling about yourself.
- **Keep your expectations realistic.** You can't do everything at once. Set goals and priorities so that you establish what are the most important things to deal with first for you and your family members.
- **See <https://www.healthnavigator.org.nz/>** for further help and advice.

For more help to gain support and work out positive strategies for your future, contact
The Career Development Company at connect@thecdc.nz

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