

## 5 Tips to Navigate Life Changes

1. Surround yourself with a supportive network. Often what can seem initially insurmountable can be brought into focus when talking with others.
2. Keep communication channels open. It's important to keep those around you informed about the known as well as the unknown. This is a fluid process which can be made less daunting when shared with those around you.
3. Maintain a healthy lifestyle. Eating healthy, exercising consistently, incorporating fun and nurturing one's soul are the best ways to support good physical and mental health.
4. Acknowledge emotions yet don't let them rule your behaviors. Many conflicting emotions may be experienced during transitional periods. By monitoring and recognizing your emotions you will be less likely to be reactive in your decision making.
5. Continue being a Wingman. Be mindful of those around you and of how they are doing. Be quick to listen and to offer assistance when needed.