



10 WAYS TO COPE WITH A MAJOR LIFE CHANGE

A compassionate, practical guide for finding steadiness when life feels unfamiliar.

Change can bring more than one feeling at a time. Even a welcome transition can involve uncertainty, grief, stress, or a shift in identity.

1

Name what is changing

Put words to both the practical change and what it means to you. Naming the loss, hope, fear, or uncertainty can make an overwhelming experience feel more manageable.

2

Let your feelings be mixed

Relief and sadness can coexist. So can excitement and fear. You do not need to choose one 'correct' emotion or judge yourself for having conflicting reactions.

3

Focus on the next manageable step

When the whole future feels too big, narrow your attention. Ask: What is one useful or caring thing I can do today? Small steps restore a sense of agency.

4

Protect a few steady routines

Keep simple anchors such as a regular wake time, meals, movement, or an evening wind-down. Familiar rhythms can help your nervous system feel safer during uncertainty.

5

Stay connected to supportive people

Tell trusted people what would help: listening, practical support, company, or a check-in. Specific requests make it easier for others to show up in meaningful ways.

You do not have to rush to feel better. Small, intentional steps can help you feel more grounded.



CG THERAPY

FINDING STEADINESS THROUGH CHANGE

6

Care for your body gently

Stress can affect sleep, appetite, energy, and concentration. Aim for supportive basics rather than perfection: rest, hydration, nourishing food, fresh air, and gentle movement.

7

Create space to reflect

Try journaling, prayer, meditation, time in nature, or quiet conversation. Reflection can help you notice what you are carrying and what you may be ready to release.

8

Limit unnecessary pressure

This may not be the season to do everything. Consider what can be postponed, simplified, delegated, or declined while your energy is focused on adapting.

9

Notice what remains true

Change can disrupt your sense of identity. Reconnect with values, relationships, strengths, and parts of yourself that remain steady even as circumstances shift.

10

Reach out for professional support

If the transition feels consuming, isolating, or difficult to manage, therapy can offer a steady place to process what happened and build a path forward.

A GENTLE REMINDER

Coping does not mean pretending a change is easy.

It means giving yourself support, patience, and room to adjust. If the transition feels consuming, isolating, or difficult to manage, therapy can offer a steady place to process what happened and build a path forward.

CG Therapy provides telehealth therapy for teens and adults throughout Michigan.

(248) 285-9873

casey@cgtherapymi.com

cgtherapymi.com

This guide is for educational purposes and is not a substitute for mental health or medical care. If you are in immediate danger or experiencing an emergency, contact emergency services.