



10 Tips for Transitioning Well and Maintaining Your Mental/Emotional Health

Re-entry can be both exciting and frustrating.

This list of tips for mental/emotional wellness may help with the transition process.

- 1) Mentally prepare for the adjustment process. Be prepared for anything!
- 2) Give yourself permission to ease into the transition. Allow yourself time to get used to the new environment.
- 3) Give yourself time. You'll need time to relax and reflect upon what is going on around you, how you are reacting to it, and what you might like to change.
- 4) Understand that the familiar will seem different. You have changed; home has changed. You will see familiar people, places, and behaviors from new perspectives.
- 5) Expect to do some 'cultural catching up'. Clothes, trends, language, and more have changed, too!
- 6) Reserve judgments. Reserve all judgments of others, but especially negative judgments, just as you would like to have others reserve judgments of you. Resist the impulse to make snap decisions.
- 7) Expect mood swings. It is entirely possible for you to feel ecstatic one moment and completely defeated a short time later. It's okay; it is a part of the process.
- 8) Allow sufficient time for reflection and self-analysis. Your most valuable analysis of an event is likely to take place after allowing time for reflection.
- 9) Respond to inquiries thoughtfully and carefully. Prepare to greet surprise questions with a calm, thoughtful, approach. If you find yourself being overly defensive or aggressive, take a deep breath and relax.
- 10) Seek support networks. Don't isolate yourself!