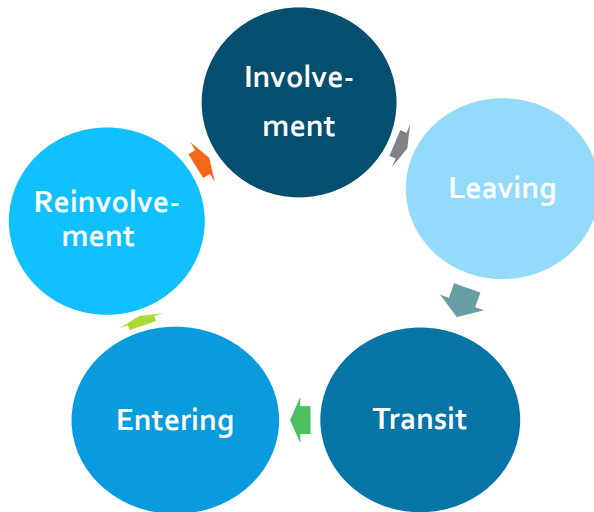


# LOST DREAMS

## HIDDEN LOSSES AND OUR RESILIENCE DURING COVID -19

### TRANSITION CYCLE



In the globally mobile world in which we live, change and transition are constant factors. Each time we experience change we go through a normal process called 'The Transition Experience.' With or without COVID-19, this cycle is important for us to understand if we are to understand our story. With COVID-19, it is critical to help us process what many of us are experiencing in these tumultuous days.

### A few key factors to understand first:

#### CHANGE vs. TRANSITION

- Change is an external event
- Transition is the internal process we experience while navigating change

#### CHANGES CREATING TRANSITIONS

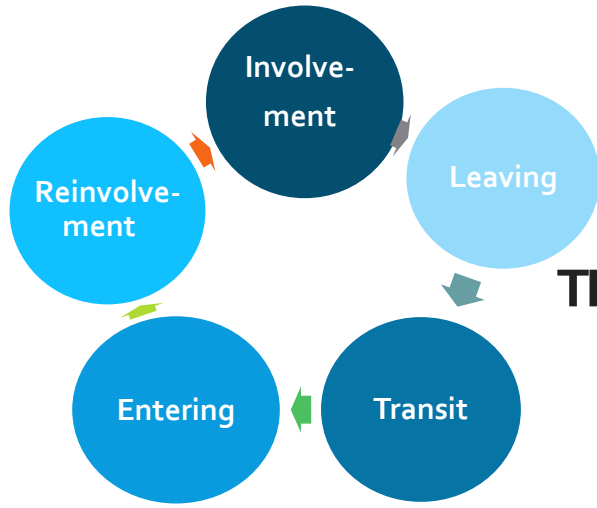
- **Life Stages** e.g. birth, first day of school, graduations, marriage, retirement, death
- **Mobility** e.g. moving to college, moving houses, moving to a new country
- **Catastrophic Events** e.g. tsunami, earthquake, war, COVID-19

#### TRANSITIONS ARE OFTEN PARADOXICAL EXPERIENCES.

- Even when transition is for good reasons there is still always loss.

#### EXTRA STRESS OF UNEXPECTED TRANSITIONS

- When transition is unexpected, unplanned, or unwanted, the losses are magnified. Understanding what is happening and how to navigate transition can make all the difference in the world.



## TRANSITION CYCLE BREAKDOWN

<p><b>Involvement</b></p> <p>Life is "Normal"</p> <p><b>Time Orientation:</b> Present</p>	<p><b>Our Response:</b> We are known, have status &amp; feel settled</p> <p><b>Community's Response:</b> Know us &amp; include us</p> <p><b>What we can do:</b> Reach out to others, mentor &amp; enjoy</p>
<p><b>Leaving</b></p> <p>Change is coming</p> <p><b>Time Orientation:</b> Future</p>	<p><b>Our Response:</b> Mixed emotions, begin to 'pull away' &amp; deny feelings of rejection or grief</p> <p><b>Community's Response:</b> May mourn or rejoice with us, begin to pull away and exclude from plans</p> <p><b>What we can do:</b> Say goodbyes well</p>
<p><b>Transit</b></p> <p>In-between stage. Left but yet to arrive</p> <p><b>Time Orientation:</b> Future</p>	<p><b>Our Response:</b> Chaos, may begin to mourn while paradoxically are intrigued by the new and what is coming</p> <p><b>Community's Response:</b> Tentative</p> <p><b>What we can do:</b> Give yourself permission to mourn losses &amp; control what you can</p>
<p><b>Entry</b></p> <p>Ready to move towards the future</p> <p><b>Time Orientation:</b> Present</p>	<p><b>Our Response:</b> Vulnerable, ambivalent, different, angry, depressed, hope &amp; curiosity</p> <p><b>Community's Response:</b> Tentative, may begin to welcome &amp; include</p> <p><b>What we can do:</b> Find mentors &amp; lean into the new</p>
<p><b>Re-Involvement</b></p> <p>Life is 'Normal' again</p> <p><b>Time Orientation:</b> Present</p>	<p><b>Our Response:</b> We are known, have status &amp; feel settled</p> <p><b>Community's Response:</b> Know us &amp; include us</p> <p><b>What we can do:</b> Reach out to others, mentor &amp; enjoy</p>