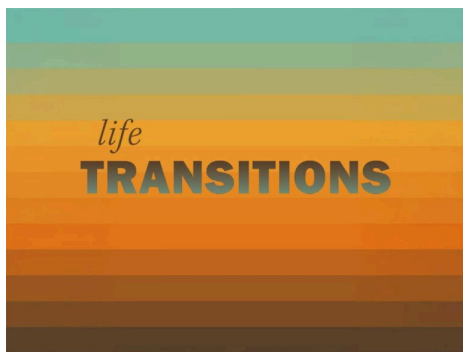




Great Changes

Mental Health Monthly



August 2026

Major life changes that cause stress include the death of a loved one, divorce, moving, major illness/injury, and job loss. Even positive shifts like marriage, having a baby, or getting a promotion trigger stress by forcing adaptation to new situations. These events trigger physical, mental, and emotional strain.

8 Ways to Cope With Life Transitions

- 1. Journaling** Journaling provides a structured outlet for processing emotions and thoughts associated with life transitions. It reduces anxiety, enhances self-awareness, and helps reframe negative thought patterns. Consistent or sporadic journaling focused on gratitude, or emotional processing can be stress-relieving.
- 2. Mindfulness** Mindfulness, through meditation and breathing exercises, promotes awareness of the present moment, reducing stress and exhaustion. Practices like [box breathing](#) can be incorporated into daily routines to foster a calm and focused mind.
- 3. Therapy** Seeking therapy during life transitions offers valuable insight, perspective, and coping strategies. A trained mental health professional can guide individuals through various transitions, providing tools to navigate challenges and understand oneself better.



Great Changes

Mental Health Monthly

4. Explore a New Hobby As revealed by research, engaging in creative activities contributes to improved mental health. Exploring hobbies like cooking, language learning, gardening, or playing an instrument can be a positive addition to overall well-being.

5. Build a Support System Building a support system of caring, compassionate individuals helps provide emotional, mental, and practical support during transitions. Developing connections through shared activities or mutual interests can be a starting point for building a supportive network.

6. Improve Sleep Hygiene Quality sleep is crucial for mental well-being. Establishing a consistent sleep schedule and incorporating a "sleep toolkit" can enhance sleep hygiene, contributing to improved mental health.

7. Practice Healthy Eating Habits Cultivating a positive relationship with food and practicing mindful eating is essential to well-being. Understanding how food choices affect individual health and the environment contributes to a holistic approach to self-care.

8. Practice Self-Care Self-care, as a regular part of everyday life, is crucial for maintaining mental health. It doesn't have to be expensive or time-consuming. Simple activities like bathing, journaling, or having a dance party contribute to overall well-being.

<https://www.psychologytoday.com/us/blog/the-addiction-connection/202312/8-ways-to-cope-with-life-transitions>