

TRANSITIONS AND OUR WELL-BEING



Transitions, whether major life changes or smaller shifts in routine, can be exciting and kickstart positive change in our lives. At the same time, transitions have a potential to negatively impact our mental health. Adjustments to new situations, environments, roles, or expectations can create stress and anxiety, shake our conceptions of self, or leave us feeling less in control.



To Help Manage Stress and Anxiety...

Transitions can trigger stress and anxiety due to the uncertainty and unfamiliarity associated with change. A new school, teacher, or peer group can all ramp up our anxiety or stress levels.

...co-regulate and explore tools

Heart-Mind Online recommends that parents adopt a stress-reduction strategy of their own, such as mindful practice through the Breathr app, then model and share the strategy with the young people in your world.



A sense of loss and lack of control

Even positive transitions, like graduating from elementary, middle, or high school, can involve leaving behind familiar places, relationships, and routines. Any of these can contribute to feelings of grief or sadness, loss of control, or powerlessness.



How parents can help

Kelty Mental Health provides some recommendations to caregivers supporting young people experiencing grief resulting from any kind of loss, including honest communication, preparation when possible, and open reassuring communication.

Parents can also help young people understand the limits of what each of us can control (and what we can't!) as a way to manage stressors and focus mental energy on helpful thoughts and actions. This short video helps kids understand the "Circle of Control" concept.


Transitions can also move us from our comfort zone into the "growth zone." Read more about this concept on the next page.



MOVING FROM THE COMFORT ZONE TO THE GROWTH ZONE

Our comfort zone is made up of people, places, and routines that we are used to. There is little risk in these known quantities, and as the name suggests, it is comfortable. The downside to living our lives in the comfort zone is that it can be harder to tap into motivation to try new things or stretch our capabilities. It is when we put ourselves into new situations that we are able to learn and grow into a new, broader, comfort zone, perhaps with new skills.

The Comfort Zone




We feel relaxed, in control, and safe when we're in our comfort zone. Our interactions and routines are low-risk. Very few challenges come our way that stretch our capabilities.

The Fear Zone

When we are pushed out of our comfort zone or presented with a significant challenge, this can lead to fear and a lack of confidence. This zone is characterised by a focus on problems and a search for reasons not to engage with the challenge.



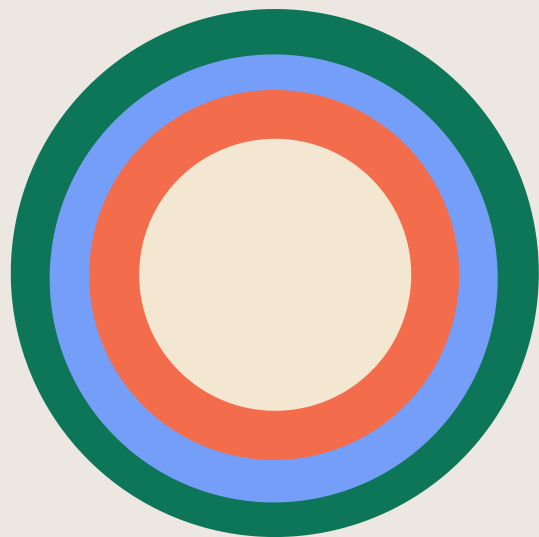
The Learning Zone



The focus in this stage shifts to solutions, and searching for opportunities amidst the challenge. New skills are developed and useful knowledge is gained.

The Growth Zone

In this zone, goals are set and achieved, and we can find a sense of purpose. Self esteem and motivation levels are both high and we want to continue growing. Over time, this will become our new comfort zone.



Read more about the comfort zone and growth zone [here](#)

More mental health and well-being resources can be found on our [Mental Wellness Hub](#)



We acknowledge and thank the WSÁNEĆ people on whose traditional territory we live, learn, and teach. The WSÁNEĆ people have lived and worked on this land since time immemorial.