



RETURN TO THE OFFICE

PRESENTED BY YOUR EMPLOYEE ASSISTANCE
AND WORKLIFE PROGRAMS



Federal
Occupational
Health

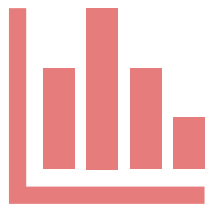
INTRODUCTION



OBJECTIVES

Returning to on-site work

- Define change versus transition
- Understand resistance to change
- Review how to flourish amid change



**Which major changes have
you recently experienced?
(within the last 1 to 2 years)**



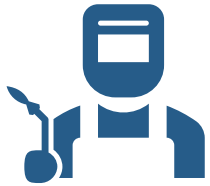
Were the changes:

- Expected/Planned
- Unexpected/Unplanned
- Both

SECTION 1

TYPES OF MAJOR LIFE CHANGES

PLANNED LIFE CHANGES



Changing your
career

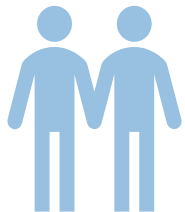
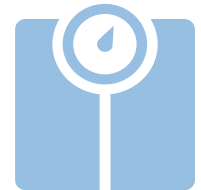


Starting a family

Graduating from
college



Losing a
substantial
amount of weight



Getting married



Receiving a
promotion

UNPLANNED LIFE CHANGES



New role at work



Bankruptcy

Becoming
seriously injured



Sudden death
of a loved one

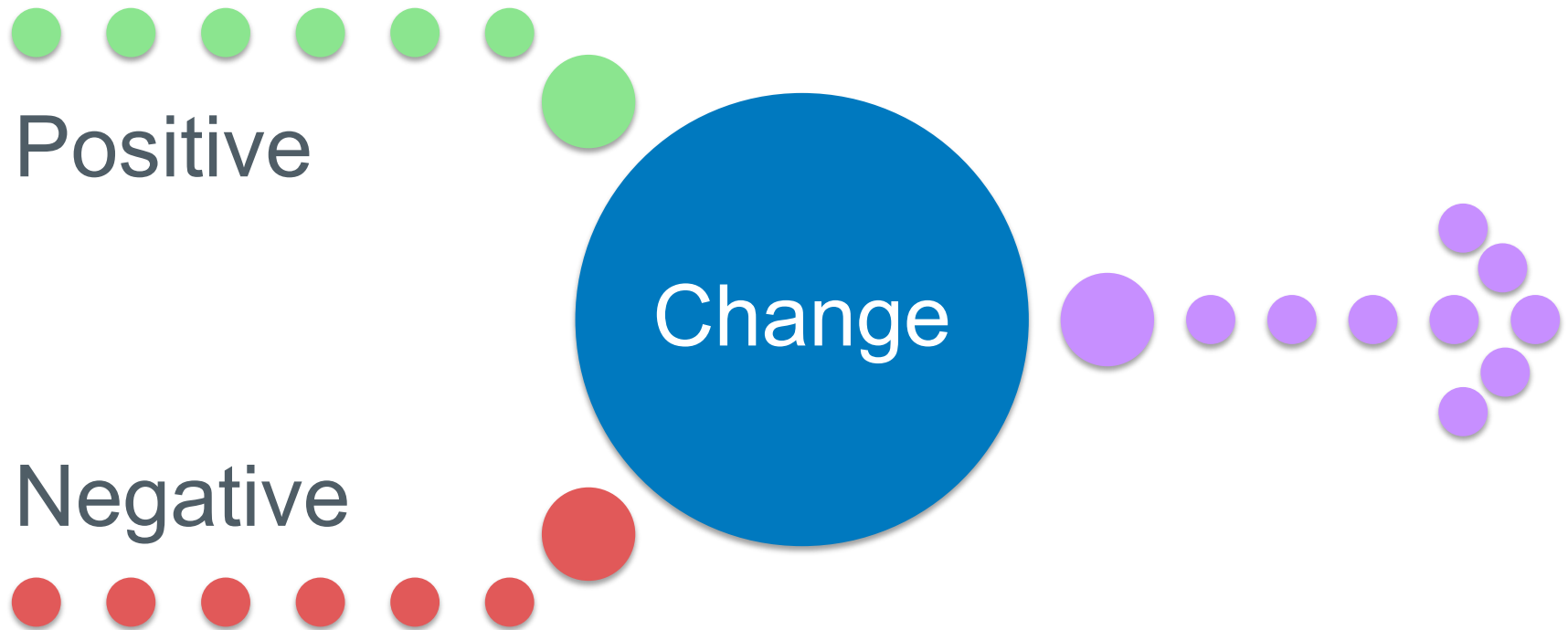


Becoming
terminally ill



Divorcing a
spouse

RESISTANCE TO CHANGE



SECTION 2

PHASES OF TRANSITION

Challenges and Preparation

CHANGE OR TRANSITION

“It isn’t the changes that do you in, it’s the transition.”

– William Bridges

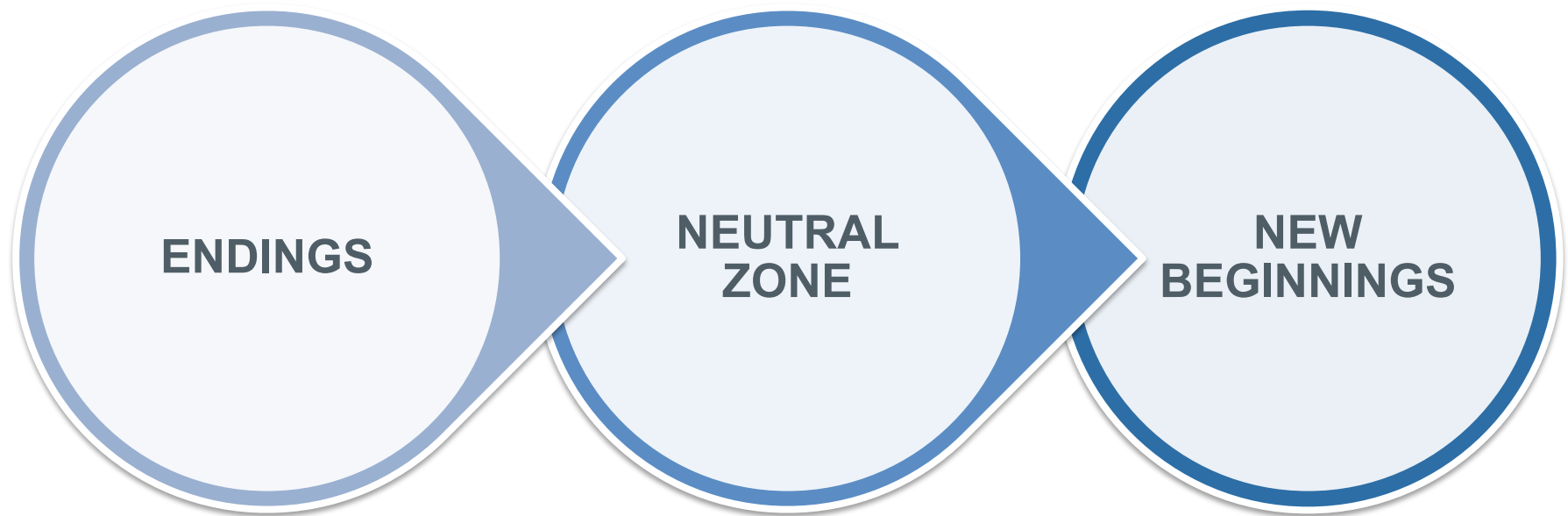
Change

The **external event** or situation that takes place

Transition

The inner **psychological process** that people go through

PHASES OF TRANSITIONS



PHASES OF TRANSITIONS



“You can't do something new until you have let go of what you are currently doing.”

– William Bridges



Treat the past with respect and acknowledge it



Sort out the losses

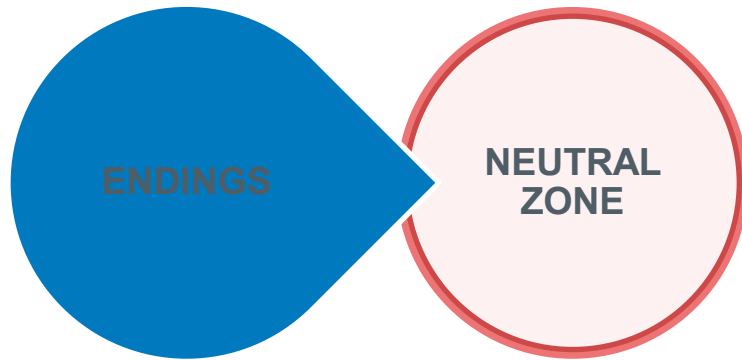


Actively seek the information you need to effectively deal with the change



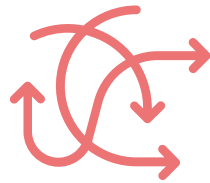
Identify continuities

PHASES OF TRANSITIONS



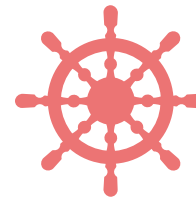
“...enter a state of affairs in which neither the old ways nor the new ways work satisfactorily.”

– William Bridges



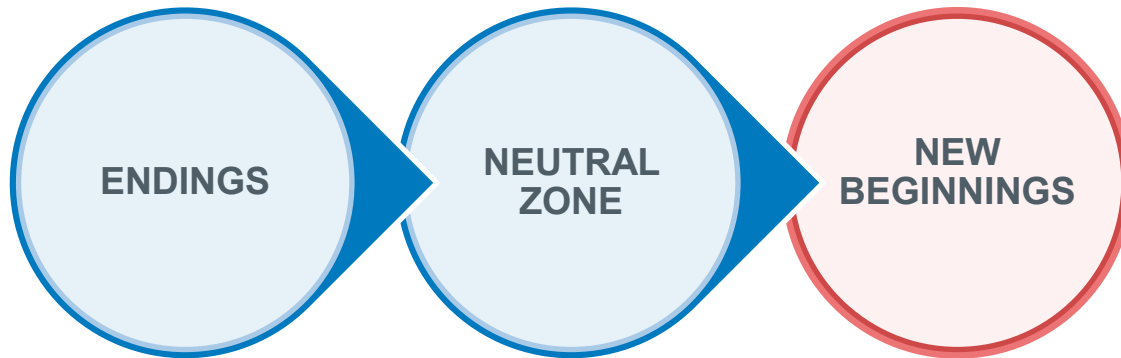
Recognize the symptoms:

- Confusion
- Chaos
- Emptiness



Re-establish control

PHASES OF TRANSITIONS



“Transition is the natural process of disorientation and reorientation that marks the turning points in the path of growth.”

– William Bridges



Turn ideas into actions



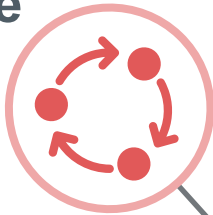
Begin incremental steps toward long-term goals



Take small actions that lead to accomplishment to increase confidence

NEUROPLASTICITY: OUR TRULY AMAZING BRAINS!

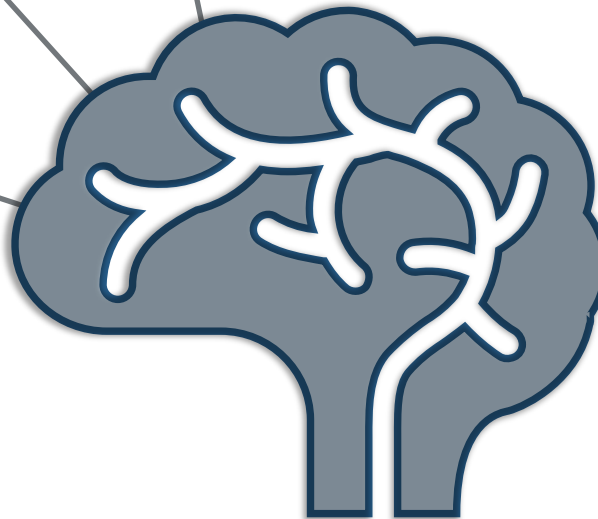
Moldable



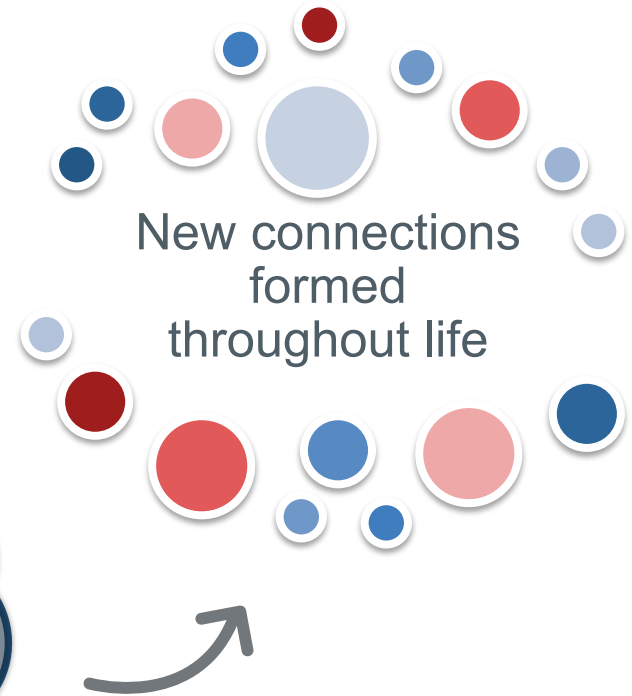
Elastic



Adaptable



New connections
formed
throughout life



SECTION 3

COPING WITH CHANGE

MANAGING YOUR FEELINGS



HELPFUL SKILLS AND PRACTICES

Review and
retell

Be realistic

Stay flexible

Practice
self-care



Get creative

Keep a
journal

Connect
with others

Practice
mindfulness

EXERCISE: ONE WORD AT A TIME

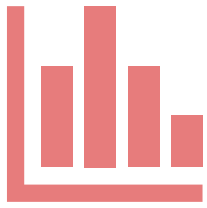




**What did you notice from
doing this word
meditation?**

SECTION 4

FROM COPING TO FLOURISHING



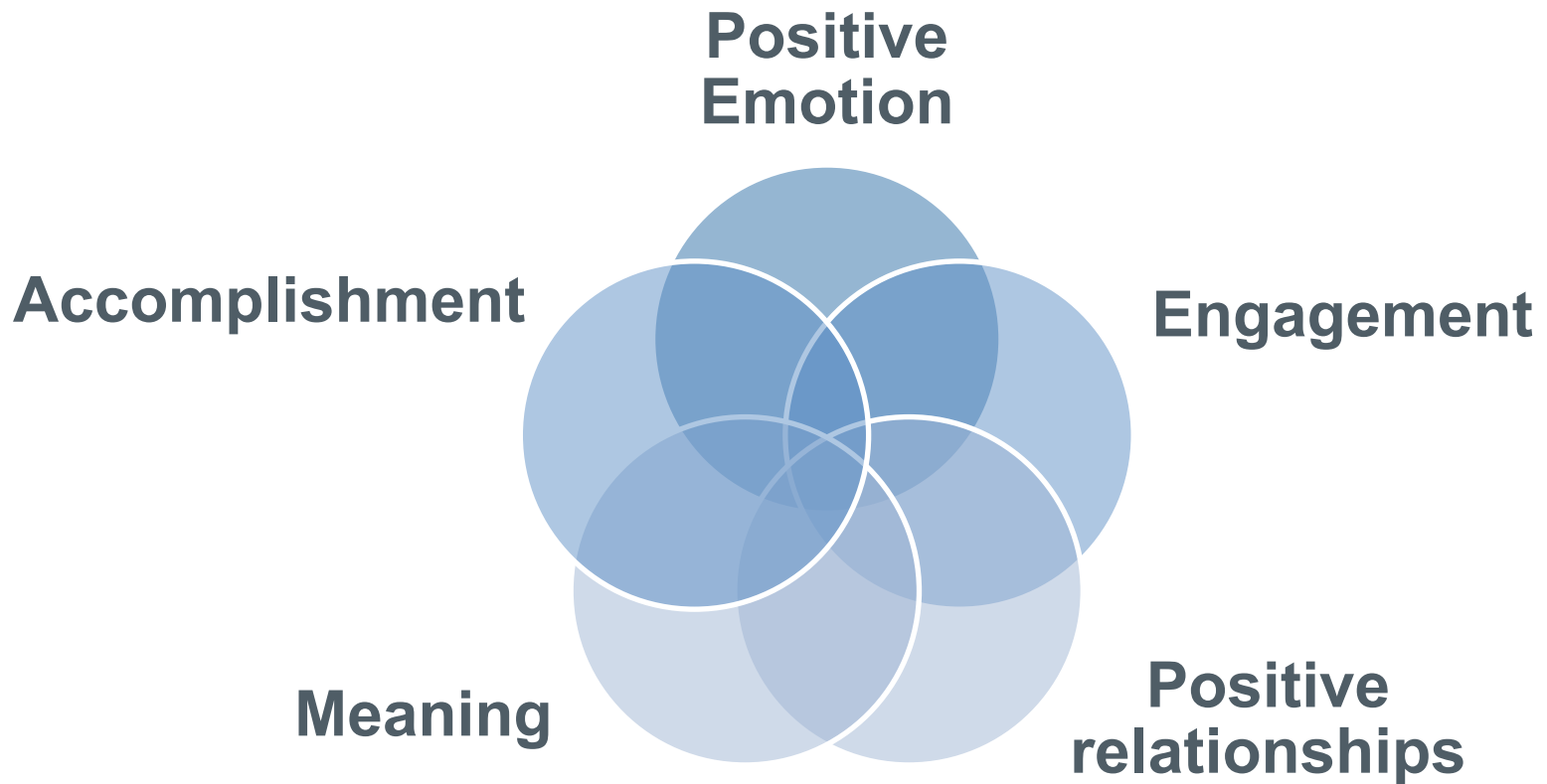
**What does the term
“flourish” mean to you, or
how do you know when you
are flourishing?**

WHAT IT MEANS TO FLOURISH

“To find fulfillment in our lives, accomplishing meaningful and worthwhile tasks, and connecting with others at a deeper level—in essence, living the ‘good life’”

– Martin Seligman

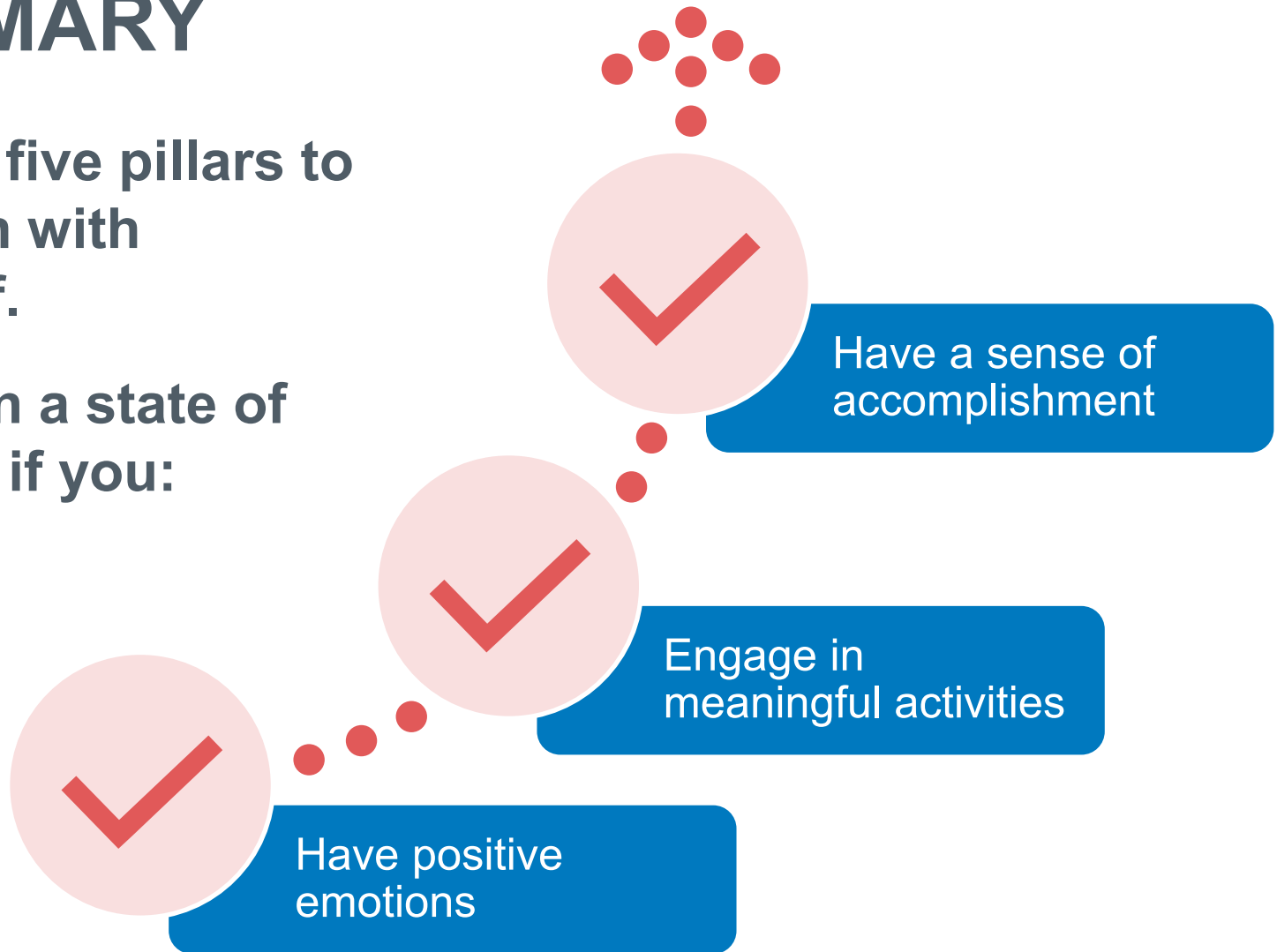
THE FIVE PILLARS OF FLOURISHING



SUMMARY

Use the five pillars to check in with yourself.

You're in a state of flourish if you:



RESOURCES

Books

- **Tough Transitions: Navigating Your Way Through Difficult Times**
 - Harper, N. (2005)
- **Wherever You Go There You Are: Mindfulness Meditation in Everyday Life**
 - Kabat-Zinn, J. (1994)
- **Flourish: A Visionary New Understanding of Happiness and Well-being**
 - Seligman, M. (2011)
- **Recovering from the Losses of Life**
 - Wright, H. (2006)

Free Apps

- Grief
 - Grieving.com
 - Grief Support Network
- Positive Psychology
 - Bliss
 - Feed Your Happy
 - Gratitude-Happiness Journal
- Meditation
 - Headspace
 - Insight Timer
 - The Smiling Mind

Website

AuthenticHappiness.com

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