

# Adjusting to Change / Life Transitions

Are you struggling through a transition in your life?

Are you fed up with relationships that don't meet your needs?

Do you find yourself?



- Feeling depressed and hopeless after a failed relationship?
  - Suddenly out of a job and feeling at a loss as to what you will do?
  - Feeling trapped by problems you experienced in your childhood?
  - Anxious about an important decision you must make?
- Drifting through life with no sense of personal fulfillment or direction?
  - Struggling to live with an illness or disability?
  - Constantly in conflict with your intimate partner and others?

**Life's challenges and problems in relationships can sometimes send you into a tailspin!**

Life is about change and change can be challenging to say the least.



**Becoming an adult, having relationships, building a career and a comfortable life are things to strive for and should bring your personal meaning and a sense of contentment. But sometimes things don't quite work out as planned and a time of transition can become a major life challenge.** You've lost control and are confused. You may have trouble sleeping - finding it an effort to get out of bed in the

morning. You may feel anxious and worried about the future. Perhaps you are in conflict with people and you might not even like yourself very much anymore.

**Counselling can help you resolve life's difficulties and relationship struggles.**

**When life is a struggle one of the kindest things you can do for yourself is to reach out for help.** At low times like these a caring counselling professional can help you see your problems with fresh insight; teach you new strategies for coping and guide you to a speedy resolution.