

# You Are More Than Your Circumstances

## CHANGE

Change is one of life's most enduring experiences. All change has a beginning, a middle, and an end. Change can be subtle or severe, welcome or unwelcome. Managing change successfully is a learned skill.

## DISINTEGRATION

- The circumstances of one's life either cease to exist or no longer work well.
  - The familiar gives way to the unfamiliar.
  - Fearful thoughts and anxious feelings can creep in

## TAKING INVENTORY

- Questions arise that open possibilities
- Where am I? What is really important to me?
- What is best to leave behind? What is best to bring forward?
  - What do I need to get there?

## REORGANIZATION

- New Life slowly begins again
- The path ahead becomes clear and you feel renewed energy and a sense of purpose returning
- A new set of circumstances become the building blocks of your life

## Face the Emotional Affects of Job Loss:

Allow yourself time to get your bearings

Grieve your losses

Understand that "two steps forward, one step back" is how grief works

Focus emotions in a positive way

## First Things First - Take care of Yourself:

Eat Well

Exercise

Avoid getting too little or too much sleep

Attend to your physical and mental health needs, seeking help sooner rather than later

Cultivate a safe haven for yourself

Practice, as often as needed, your own personal stress reduction strategies

Be as kind and understanding to yourself as you would to your best friend

Talk about your feelings and concerns with someone you trust

## Focus on What you can Change and Do What Needs to be Done

Involve the whole family and work as a team

Make do-able changes that reflect current reality

Rework you finances—Discover the joy of "free" things

Let go of lifestyle choices that are not helpful to your current circumstances

Understand that "no forest fire burns forever"

Cultivate new support networks of positive personal and professional acquaintances

Hang out with inspirational and uplifting "people, places and things"

## Envision a "new" Normal:

Seek to discover the possibilities within the challenges

Allow yourself some time to revisit your dreams

Reset your direction

Do your homework and find out what you need to know

Make "finding a job" your new job

Determine small manageable steps towards your goal and pause to acknowledge successes

Understand that working through adversity brings inner qualities and gifts that will not become fully clear to you until you are on the other side of this challenge

Fairfield Counseling Services is a state licensed psychiatric outpatient mental health clinic and provides a variety of services to help clients find solutions to a wide range of life challenges and mental health issues.

### **Mental Health Services**

Individual counseling

Couples and Families

Substances Abuse Evaluation and Outpatient Treatment

Psychiatric Evaluation and Medication Management

### **Group Services**

Early Recovery from Substance Abuse

Relapse Prevention

Anger Management for Men and Women

Adolescent Girl's Self Esteem Group

Emotional Skill Building for Women

Stable Parenting in Unstable Times

Charting a New Life Course

FCS accepts most insurances, state reimbursement and provides for a sliding scale fee, based on a client's ability to pay.

For more information please call us at

203-255-5777

Brochure design by Kathy Mastronardi

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**"The cyclone derives its power from a calm center. So does a person."**

**~ Norman Vincent Peale**

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