



# Anchored Through Change

Mental Wellness for Navigating New Chapters of Life

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# Change vs. Transition: The Inner Journey

## External Change

The situational event (retirement, moving, health diagnosis, or loss).

## Internal Transition

The psychological process of adapting, letting go, and finding renewed purpose.



## The Three Phases of Transition

1

### The Ending

Letting go of former roles, daily routines, and old identities.

2

### The Neutral Zone

The uncomfortable in-between space ripe with quiet reflection and potential.

3

### New Beginnings

Re-engaging with fresh purpose, energy, and meaningful connection.

Handout Activity

# Mapping Your Anchors



## 1. The Current Drift

Identify the transition taking your energy right now.



## 2. Past Strengths

Recall a past life challenge you successfully navigated.



## 3. Your Anchor Today

Name one daily practice keeping you grounded right now.

Practical Tool #1

# Identity Decoupling



## What I Do (Roles)

Careers, caregiving roles, titles, and past obligations change over time.



## Who I Am (Identity)

Enduring qualities like curiosity, kindness, faith, and wisdom never end.

Practical Tool #2

## The 5% Control Rule

5%

Arm's-Reach Agency

### **Shrink the Field**

Focus exclusively on small, actionable steps in arm's reach today.

### **Reduce Overwhelm**

Halt all-or-nothing anxiety by honoring manageable daily progress.

Practical Tool #3

## Crystallized Wisdom

### From Building to Sharing

Shift focus from rapid execution to offering mentorship, presence, and perspective.

**"Your greatest gift in this chapter is not productivity, but wisdom shared with others."**



Table Reflection

## Shared Room Wisdom



**"Share one strength or anchor you relied on in a past transition that might encourage someone else at your table today."**



Peer Encouragement



Collective Experience

Weekly Takeaway

## My One Anchor Commitment

**What is ONE anchor you will carry into this week?**

Write it down on the bottom of your handout before leaving today.

**Daily Routine**

Morning quiet, walking, or prayer.

**Connection**

Reaching out to a trusted friend.

**Self-Compassion**

Patience during the neutral zone.

## Support & Connections

# Anchored & Supported

### Community Support

St. Luke's Community Counseling Center  
(407) 499-4356 | [counseling@st.lukes.org](mailto:counseling@st.lukes.org)

### Recommended Reading

- *Life is in the Transitions* – Bruce Feiler
- *From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life* – Arthur C. Brooks

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*"Transitions are not just endings—they are invitations to become."*