



## **CENTRE DE COUNSELLING FAMILIAL DE TIMMINS**

### **TIMMINS FAMILY COUNSELLING CENTRE**

60 Wilson Avenue, Suite 310 Timmins, Ontario P4N 2S7

Telephone (705) 267-7333 - Fax (705) 268-6850

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## **10 WAYS TO STAY HEALTHY DURING A TRANSITION**

Have you recently lost your job? Losing a job, even a job you hate, involves **change** and this can cause **stress**. Some stress is good for us but when stress threatens to overwhelm us we need to ensure that we stay healthy so we can be ready when new **opportunities** present themselves.

### **What are the signs of stress?**

- Headaches
- Muscle tension
- High blood pressure
- Trouble concentrating
- Moodiness
- Trouble sleeping
- Feeling on the edge

Stress is normal but the signs of stress are more likely to show up when we are in a major life **transition** such as loss of a job. But by looking after ourselves and remaining **healthy** we may find that what we first thought was a **crisis** is really an opportunity to do things differently. It can be a time of personal growth. A time to look forward with renewed energy--able to look for and take advantage of new opportunities.

### **10 ways to maintain your health during transition**

1. Get enough sleep.
2. Don't isolate yourself! It's vitally important that you maintain close contact with family and friends.
3. Understand stress and how it affects you.
4. Limit your alcohol intake. You may feel better initially but the positive effects won't last long.
5. Have fun! Laughter is your body's natural stress-release mechanism.
6. Get out and exercise! Even better exercise with a buddy. Exercise will improve your sleep and reduce your stress.
7. Losing your job may lead to questions about life-purpose. You may want to spend some time contemplating the meaning of your life and what you want to do with it.
8. Take personal responsibility for what is happening in your life right now.
9. Watch what you eat. Eat a healthy, well-balanced diet and you will feel better and have more energy.
10. Talk to someone – friend, family or counsellor – about your hopes for the future.

The most important thing to remember is that you can remain healthy and **thrive** during a major life transition. By making positive choices you can bounce back stronger than you were before.

### **Do you need more help?**

Don't be afraid to reach out for more help. If you're not sure who to talk to, consider calling **Timmins Family Counselling Centre** to learn more about staying healthy and if counselling is right for you.

You can reach us at **705-267-7333**.

You can also visit our website at [www.timminsfamilycounselling.com](http://www.timminsfamilycounselling.com)