



COMMUNITY
HEALTH CARE
ASSOCIATION
of New York State

Community Care Corner

Health Center Staff Wellness Resources

Trauma-Informed Toolbox Strategy Session: Transitions and Uncertainty

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“
Uncertainty is the only certainty there is,
and knowing how to live with insecurity
is the only security.”

(John Allen Paulos)



What Are Transitions?

- The process or period of changing from one state or condition to another.
- “Moving from one state of equilibrium; from one state of expectations and homeostasis into **a different set of expectations.**” – Dr. Bruce Perry (2020)
- Transitions can be expected or unexpected.
- The impacts of transitions can vary from one person to another.

Some examples include:

- ❖ Moving
- ❖ Changing jobs, roles, relationships
- ❖ Moving up a grade
- ❖ Going back to school

(Oxford, 2020; Perry, 2020)

Coping with Uncertainty

Letting go of what I can't control.....

- How long this will last
- The actions of others
- The response of leaders
- Other people's happiness
- Changes to how/where I do my work

Focusing on what I can control.....

- How I respond to and support others
- Limiting news/social media
- Finding creative, fun things to enjoy
- My goals and efforts to reach them
- How I take care of my emotional and physical health



(Solent Mind, 2020)

Staying Regulated

Awareness

- **Accept** your own feelings with compassion
- **Be realistic** with yourself and others
- **Respect** others' decisions, while also knowing what feels right/makes sense for you
- **Engage** in self-regulation strategies (e.g., breathing, moving around, drinking water, etc.)

the
ABCs
of self-care

(Meichenbaum, n.d.; WestEd, 2020)



Staying Regulated

Balance

- **Create** predictable routines (even small ones), including regular physical/mental breaks
- **Communicate** expectations/boundaries (e.g., when you need space, when you will be available, etc.)
- **Limit** your intake of news, media, and other sources of information
- **Practice** reframing and look for opportunities in challenges

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(Meichenbaum, n.d.; WestEd, 2020)



Staying Regulated

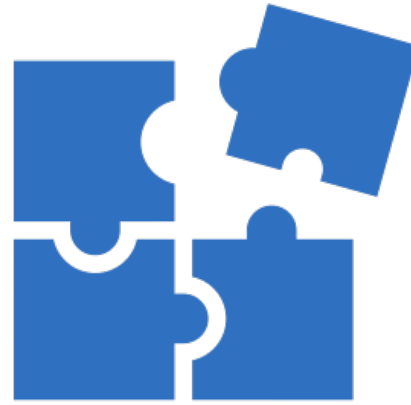
Connection

- **Make** intentional time to connect with colleagues, friends, and family
- **Initiate** contact with patients and the community (e.g., e-mail/messages, letters/postcards, calls)
- **Notice** what is working/going well, capacity, strength, & success
- **Find** opportunities for humor and laughter

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(Meichenbaum, n.d.; WestEd, 2020)

Most of us have never been through anything like this, but we've been through other challenging transitions.



It really DOES matter how we respond...



Safety



Trustworthiness



Choice

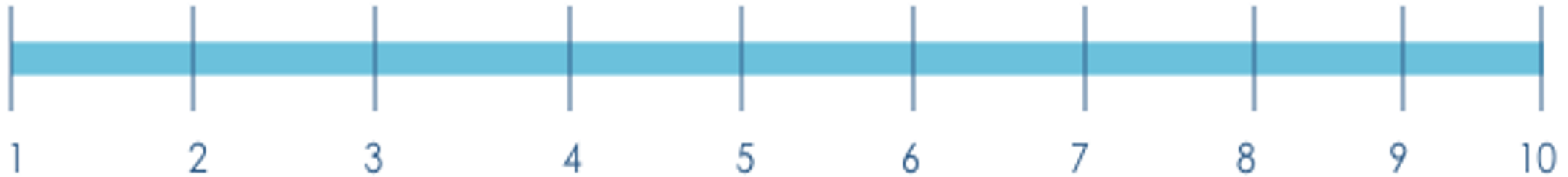


Collaboration



Empowerment

How well are you navigating transitions and uncertainty?



1 = not well

5 = half-way there

10 = very well

What will it take to get just one point higher on the scale?



Additional Resources Re: Transitions and Uncertainty



- Brigham and Women's Hospital – [Building Resilience Through the COVID-19 Pandemic](#)
- Center for Clinical Interventions – [Accepting Uncertainty](#)
- Child Mind Institute – [How Can We Help Kids With Transitions?](#)
- Greater Good (Berkeley) – [Seven Ways to Cope with Uncertainty](#)
- MindTools (YouTube) – [Coping With Uncertainty](#)
- Weill Institute of Neurosciences – [Emotional Well-Being and Coping During COVID-19](#)
- UK National Health Service – [How to Deal with Change and Uncertainty During COVID-19](#)

