



## News Release

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### Coping with Transition

Tampa, Fla. (March 3, 2008). Have you ever felt bombarded by changes in your life? Adjustable rate mortgages come due, property taxes increase, weather becomes threatening, jobs change, friends relocate and we are left to cope. Most of us find ourselves struggling to deal with the many beginnings and endings that affect and impact our lives. We often view these changes as losses rather than as opportunities. Being in transition is like standing on an ice flow and seeing a crack developing right where we are standing. If we jump to either side, we will experience a sense of relief and perhaps even a feeling of peace. We may, however, find that we have jumped to the wrong side of the ice flow. So instead of standing on a larger, more secure section, we may find ourselves on a small, unstable piece of ice! William Bridges in his book, Transitions: Making Sense of Life's Changes offers ten helpful steps for effectively dealing with transitions:

- Take your time
- Arrange temporary structures
- Don't act for the sake of action
- Recognize that you are uncomfortable
- Take care of yourself in little ways
- Explore the other side of the change
- Get someone to talk to
- Find out what is waiting in the "wings" of your life
- Use this transition as the impetus to a new kind of learning

**Remember that the Employee Assistance Program (EAP) is a benefit available to all employees and dependents of companies contracted with Wood & Associates for providing confidential free professional assistance 24-hours a day, 7 days a week. Remember that you or a dependent may contact the EAP regarding any concern that you might have – you don't have to wait until a problem becomes big to seek help. Above all, keep in mind that concerns develop over time but the way you address them can be changed. So, if you are concerned about all the changes affecting your life and not sure where to turn or what you should do, help is just a phone call away.**

#### **About Wood & Associates**

**Wood & Associates is an Employee Assistance Program and behavioral health consulting firm that helps employers maintain productivity, safety and behavioral health in the workplace. Wood & Associates is a pioneer in the Employee Assistance Program (EAP) industry and has served employers and employees in the greater Tampa Bay area and nationwide since 1982. The firm's diverse group of clients includes a number of major employers who also contract for its mental health and substance abuse services.**

**Gary L. Wood, Psy.D., founder of the Wood & Associates consulting practice, is a pioneer in the field of Employee Assistance Program (EAP) services. Since 1979, his practice has centered on providing solutions to employee and organizational problems. Wood is a licensed clinical psychologist, a member of the National Register of Health Service Providers in Psychology, and a graduate of Rutgers University, West Georgia College and Mercer University.**

**Patricia N. Alexander earned a Ph.D. in mental health counseling at the University of Florida. Trained in critical incident stress management through the International Critical Incident Stress Foundation, she is a Florida Licensed Mental Health Counselor and nationally certified counselor. Through her work experience she has addressed all types of critical incident situations, including explosions, multiple homicides, suicides, line-of-duty deaths, serious accidents and robberies. Alexander conducts training on stress management for law enforcement and businesses, and has developed peer support programs for law enforcement and industry. Alexander is an educator and consultant on a wide variety of behavioral health concerns.**