



# TIPS FOR WHEN ADULTING IS HARD

## TRANSITIONING OUT OF COLLEGE

COURTESY OF MOUNT UNION COUNSELING SERVICES



### YOU DID IT!

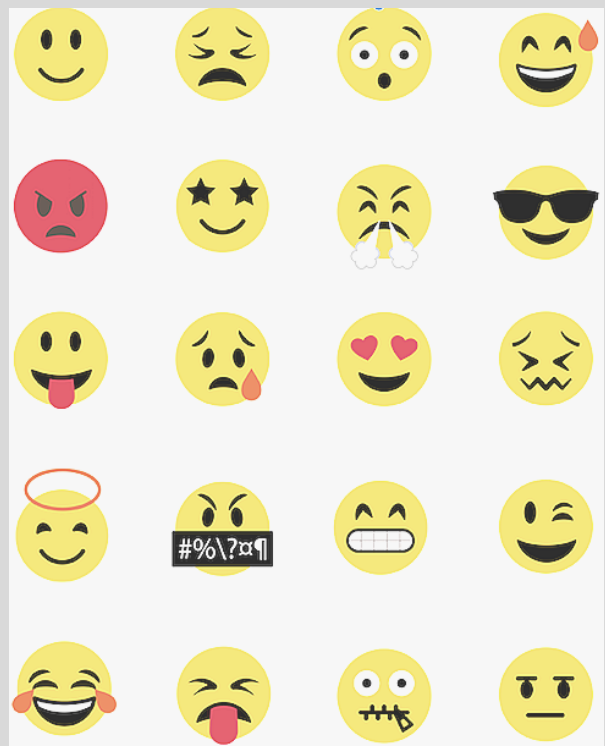
Through the hardships, the stress, and the endless papers, you made it to graduation! During the crazy last four (more or less) years, you may not have had time to think about life after graduation.

Our best advice? **You don't have to have it all together.** Just be sure to take advantage of resources, and never be afraid to ask for help!

### WHAT CAN I EXPECT?

Understand that a variety of confusing emotions may come up when dealing with life transitions. This is **normal** and **healthy**! Some of the emotions you may experience include:

- Joy
- Sadness
- Anxiety
- Dread
- Hope
- Overwhelm
- Excitement





## WHAT CAN I DO TO EASE THE TRANSITION?

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- **Be intentional about finding community**
  - Invest in making new relationships and maintaining established ones. Focusing purposeful time with people who you love and care about can make a world of difference!
- **Create routines**
  - Establish routines around eating, sleeping, exercising, and socializing. There is a lot of change happening at once, so offering yourself some consistency can help! These are also great ways to engage in self-care.
- **Give yourself a break**
  - Remember that you are adjusting. Don't be too hard on yourself. Allow yourself time, patience, and self-compassion while you navigate this transition.
- **Practice stress management techniques**
  - Deep belly breathing, progressive muscle relaxation, or meditation can be helpful in reducing feelings of stress and anxiety.
- **Ask for help**
  - Reach out to others for support -- be it friends, family, a faith leader, or even a mental health professional.