

How To Bounce Back When Plans Fall Through

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HOW TO
Thrive
DURING MAJOR
LIFE CHANGE



Learning Points

- Learn how to deal with good and tough transitions
- Talk about how to deal with them as effectively and as independently as possible
- How to work through transitions

I have had many transitions to bounce back with. This is why I'm teaching this workshop today. I have had family trouble, transitions with home providers, and had a lot of loss and failure in my own everyday experiences. I have had housing trouble and because of this have been learning to cook and learning self care. I am on the autism spectrum. Over the years I have had some outrageous behaviors. I have a hard time interacting socially with friends, family, co workers and lots of other people. By using a program called dialectical behavioral therapy along with self care I have learned to grow through my challenges. Today we will learn some skills that will help you to bounce back from a difficult or tough situation. Whether they arise because of a change in housing, something happening at work or in social or settings.

Things You Can Do To Take Care Of Yourself

- Call a friend to distract yourself
- Take some time to yourself
- Exercise
- Read a book, Watch TV
- Practice Mindfulness (being aware of the moment, the here & now)
- changing your body temperature in some way such as taking a shower or bath, putting a rag on your forehead



What are some transitions in your life that have presented some challenges?

What are some positive transitions?

In the next few slides we will learn some exercises to help you work through the positives and negatives of transitions.

Self-Care Exercises

Get up from your computer! We are going to do some group stretches.

Ask the audience if they know some stretches.



Mindfulness Activity

Take a minute independently to think of

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Are there any volunteers that would like to share?

What I Am Grateful For Activity

Think of things that you are grateful for.

For example, I am grateful for sunsets
and that I am able to work.



We will go around the room and share one thing we are
thankful for.

Questions

How do you think these exercises helped to be mindful?

Can anyone tell me how these three activities correlate with self care?

Are there things you can think of that you do for self care?

How To Develop Yourself For Transitions

In my own experience, to prepare for transitions I have to use mindfulness and self care. I have worked on everyday basic goals like being mindful of my emotions, actions, and the way that I feel to be a better person. I have counted on the self advocacy movement to help me find a passion in peer advocacy. With mindfulness and self care techniques I have been able to better myself over the years. For example, I've traveled, done some peer advocacy, went to college at UVM, and I've learned and experienced different housing transitions throughout the years. I have participated in theatre, I work and have had several different jobs, and have discovered my life has developed over the years.

How have transitions helped you?

Any follow up questions for me...?

What are some things you have learned throughout this presentation?



Thank you for coming to my presentation! I hope you enjoyed it.