



Mental Health & Transitions Guide

Because change is hard—even when it's exciting

Why Transitions Can Be Stressful

Even positive changes (like moving out or starting college) can stir up anxiety, grief, identity shifts, and uncertainty. Transitions often mean:

- Losing familiar routines or support systems
- Facing new responsibilities and expectations
- Questioning identity, purpose, or belonging
- Feeling excited and overwhelmed at the same time

 *Reminder:* Feeling “off” during change is normal. It doesn’t mean you’re failing—it means you’re growing.

Mental Health Tools for Transitions

Emotional Check-Ins

- “What am I feeling right now?”
- “What do I need—rest, connection, clarity?”
- “What’s one thing I can control today?”

Transition Toolkit

- Create a new routine (even if it's flexible)
- Build a support system: friends, mentors, therapists
- Use a planner or visual schedule to reduce overwhelm
- Keep comfort items nearby (photos, playlists, snacks, affirmations)

Normalize Mixed Emotions

- “I’m excited and scared—and that’s okay”
- “I miss what I had, but I’m proud of what I’m building”
- “I don’t have to have it all figured out right now”

Tips for Parents & Supporters

- Validate feelings without rushing to fix them
- Offer practical help (budgeting, laundry, meal planning)
- Celebrate small wins and effort, not just milestones
- Stay connected—texts, check-ins, care packages, shared playlists
- Encourage therapy or counseling as a strength, not a weakness

Printable Ideas to Pair With This Guide

- “Transition Tracker” with goals, feelings, and wins
- “New Chapter Journal Prompts”
- “Mental Health Toolkit” scroll
- “Comfort Menu” card: things that soothe, ground, and uplift
- “I’m Growing Through This” affirmation set

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