

# MANAGING *Disruptions* LIFE'S

As we all know, disruptions come in many forms. If you have had to deal with a career transition, a family challenge, a health challenge, these and so many more can and often will, disrupt life. However, there are strategies that will assist you in successfully navigating the disruptions. Below you will find my personal process created to assist in understanding the phases and the strategies. In addition, you will find strategies to assist you. Also, do not hesitate to contact me directly for support in your personal and professional success.

## Disruption

- Understand That Disruptions Will Occur
- Clearly Identify The Disruption

## Discomfort

- Emotional Responses
- Physical Responses

## Discovery

- Identify Different Perspectives
- Come To Terms With New Reality
- Look For Renewed Sense Of Power And Focus

## Dealing

- Get Help Where Necessary
- Deal With Issues Head On
- Decision And Commitment To Move Forward



For More Information  
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1

## Embrace Disruptions

Understand that disruptions are a part of life. So when they occur, welcome them.

2

## Leverage Your Choices

You can only control you. Choose whether this disruption will make you better or bitter.

3

## Acknowledge Disruption

Embrace and feel the impact of the disruption. It's okay to feel so that you can better deal.

4

## Look at the Entire Picture

Recognize more than just the disrupting event. Look at the total picture. See the positive as well as the negative aspects.

5

## Take Care of Yourself

Increase your self care and heighten yourself awareness.

6

## Manage Your Thoughts

Be mindful of what you say to yourself and how you allow it to impact you. Be aware of dwelling on disruptions for too long.

7

## Establish Your Own Disruptions

Establish intentional activities that will assist you in managing disruptions such as meditation or taking on a hobby.

8

## Professional Assistance

Seek professional help either as a proactive or reactive measure if needed.

