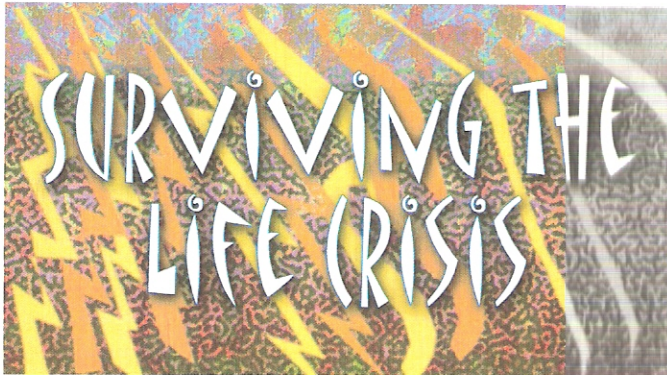


# EMOTIONAL WELLNESS MATTERS

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## The Bleakest Times of Our Lives Can Give Rise to Remarkably Positive Life Transformations



**A** life crisis is one of the inevitable features of our lives. Learning how to survive a crisis is a crucial skill, and one that we will probably need more than once throughout our lives. A crisis can occur when things begin to fall apart around us. The things that shape us – our marital status, job title, relationships with family and friends, health, or financial security – have disappeared and we find ourselves adrift without any clear guidelines that tell us what to do next. We feel lost. Do we hide? Do we deny this is happening? Do we rage? Do we fear the world? The answers may not be obvious. Nobody ever told us that the world would turn out this way. But one thing is clear – this is a crisis.

We all experience life transitions, such as the move from childhood into adolescence or the transition from working adulthood into retirement. Both involve substantial changes in the way we and others define us and the way we conduct our everyday lives. While these normal and expected life transitions can cause us some stress, we at least know what to expect when it is time to move into the new life stage. Our culture provides us with ample guidelines. If we fail to make our adaptations to the new stage, then we experience difficulty. Think of the child who has trouble moving into adolescence or the father or mother who cannot



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