

How to live into a new reality

Regardless of how you process, it is important to schedule in time for living into your new normal. If you keep a planner, block off the time and let nothing interfere with that time and space because your life does in fact depend on it. Look at your own life, what has been helpful self-care in the past? Do that.

Introverted Processor

Write

Schedule in personal reflection time

Spend time in nature

Find a place of worship or other safe space to go and just be

Read books/blogs/articles on transition

Buy a nice journal and have those you are leaving write you notes

Walk/Run/Exercise

Extroverted Processor

Find other former volunteers in your new area (CVN Alumni networks, your organization alumni network, Solidarity on Tap, your university are all great places to start looking)

Schedule phone calls with people who have been through this transition before

Host or organize gatherings with other former volunteers

Identify ways you can help recruit for your program – this gives you a space to share your story

Build a team of people who are willing to help you verbally process

Attend a From Mission to Mission, or other retreat, for volunteers in transition

Join an exercise class
