



Employee Assistance Program

Making Difficult Life Decisions After a Crisis

Sooner or later, almost everyone has to deal with a crisis. One of the difficult parts of a crisis is the aftermath – when we are called upon to make decisions affecting our homes, our work and our family. We may be in a circumstance not of our own making, but still may be required to make decisions that we do not want to face. Each of us has our own particular style of decision-making as well as our own specific personal circumstances, but the decisions still must be made. Here are some tips for making difficult life decisions after a crisis:

- Gather information about your choices now. Get help to obtain important information if necessary. Sometimes you may not be able to get all the information needed to make a fully-informed decision. You may have to decide with just the facts and information you currently have. Remember that usually you're not locked into a choice forever and ever.
- Weigh the pros and cons of each option. Decide what the positives and negatives are for each choice. Writing this down helps clarify it.
- Talk it out with others. Sometimes we find ourselves stuck in the decision-making process – unable to decide, and confused about our choices. You may feel even more pressure if there are deadlines, money, or major health/life issues involved. Talking things out with a trusted friend or family member and a professional counselor in the EAP can help. For those of a particular faith, asking for spiritual guidance may also bring comfort.
- Accept that you have to manage your own life and career – you cannot expect someone else (boss, doctor, work organization, spouse) to do it for you.
- Maintain your network of friends, associates, colleagues and union support (if applicable). They can be essential when dealing with unplanned transitions.

- Be proactive, take action, and be prepared for change. The more you can guide next steps, the more effective you will feel.
- Count the good things the change can bring – ‘accentuate the positive’ while also working through the losses. For example, if a person has to move to another location, it may provide opportunities to meet new people, develop new friendships, learn new skills, and have better opportunities for the future. Keep these positives in mind. Also be aware that you may experience feelings of loss due to the change, such as loss of your routine and other adjustments.
- There is one sure thing in life – change.

If you would like additional support in facing changes, the Employee Assistance Program (EAP) is available to you.

**Federal Occupational Health’s
Employee Assistance Program (EAP)
(800) 222-0364 | (888) 262-7848 (TTY)
www.foh4you.com**

This article is background information and, as such, does not address specific health or mental health concerns. For specific guidance on handling issues that arise with respect to your health, please consult with your health care or mental health professional.