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Alumni Unscripted: Navigating Life's Transitions

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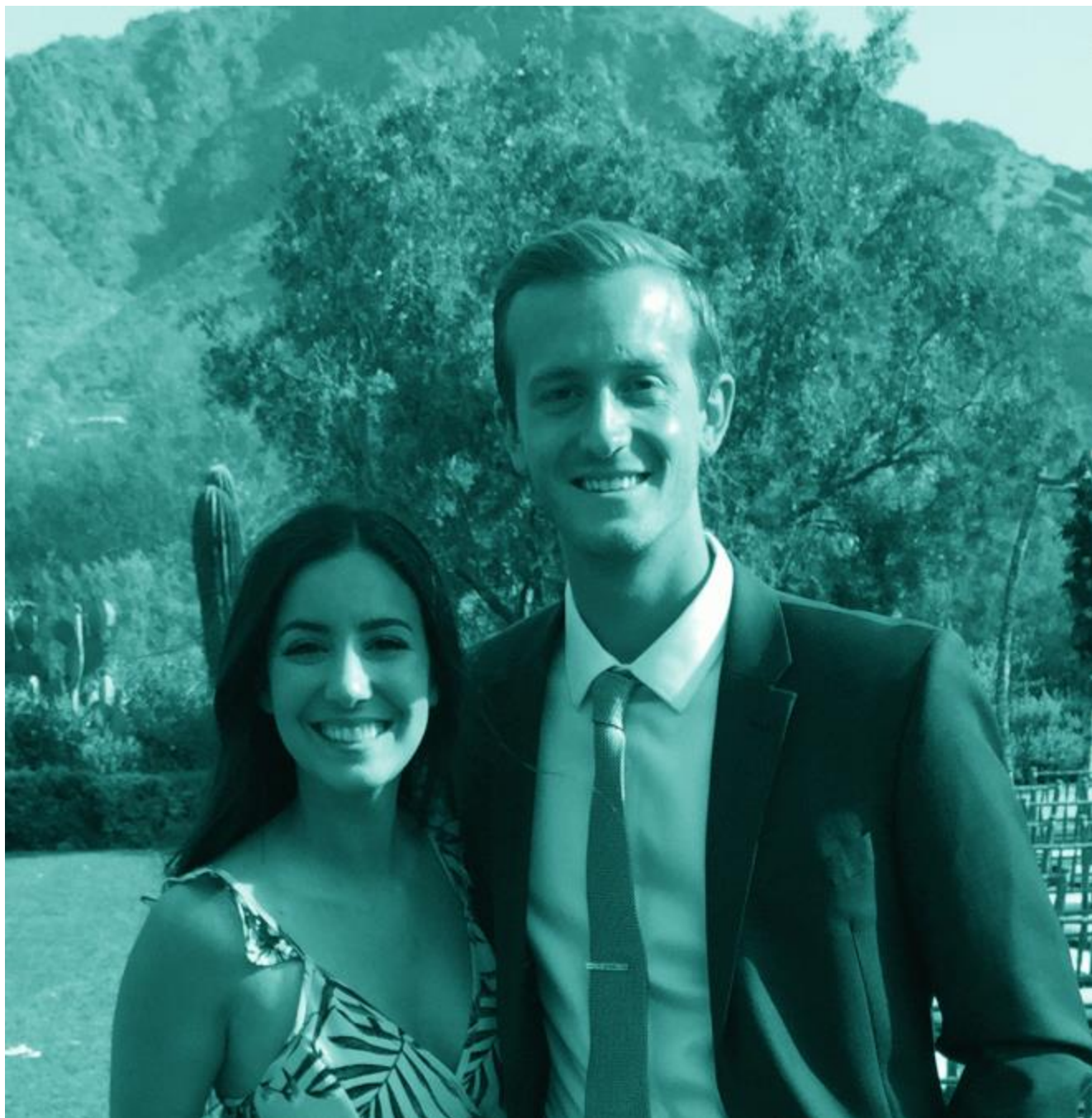
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POST: NAVIGATING LIFE'S TRANSITIONS

[BLOG POST](#) by [ALUMNIUNSCRIPTED](#) MAY 23, 2018

Some would say that life is a constant period of transition; that we're always changing and evolving from who we are to who we're going to become.

I also believe that those with a strong passion for enriching their lives with diversified experiences will encounter more profound changes in their lives. In essence, many of you will go through more transitional periods simply because you enjoy taking on new challenges that may be outside your comfort zone. While these periods of change may be very prevalent in our lives, they're not always easy to navigate.

Whether you've just transitioned into the workforce from college, just taken a major promotion, or there are changes within your family, transition can be hard. You feel the mental strain that things are different, and potentially more challenging. It may be long periods of time before you're able to get the mental clarity you once had. Just know that during these periods you as a person are getting better. You are overcoming new obstacles and stretching the boundaries of who you were before this transition.

In a [TED Talk by Amy Cuddy](#), she discusses faking it until you become it. Cuddy talks about feeling like she wasn't good enough, but how after months of showing up, having a positive attitude, and facing her fears she became a well-respected researcher and professor in the Harvard Business School. While you may feel out of place, challenged and stretched during this new change, it's highly likely that those around you are feeling the same emotions. Working through your transition will make you feel more comfortable while also helping you continue to grow.

As a first generation college graduate whose career has recently relocated me 800 miles from home, I have felt like I have been in a constant state of transition lately. Accompanying the career change has been an influx of family challenges related to health and finances. At times I've asked myself, "Is this the right move for me, why am I so overwhelmed and when will it get easier?"

While there's no easy answer to any of these questions, I've come to find that perspective is everything. Your perspective determines the lens through which you look at your life. The way you look at your life determines what you see. What you see is what you get. If you can change your outlook you can change your entire life.

Personally, I've found that nothing is more prohibitive to development than a poor state of mind. Whether it's a jog in the morning or 10 minutes of meditation after dinner, taking the time to focus on my well-being allows relief from the transitional stresses and a chance to look at things in a new light. Don't let getting older, having a family or being busy become an excuse to stop working on yourself. You have to walk around in your body and rely on your brain for the rest of your life, so setting aside time to take care of them is an investment in your future.

I truly believe that your personal health can help you overcome many of the most challenging obstacles in life. It is to be expected that life is going to punch you in the

face from time to time. In those moments, there's no greater ally than your physical health and a positive attitude to help you reset, reboot and overcome.

In closing, for anyone experiencing challenging transitions in life, I recommend that you push outside your comfort zone, focus on health and figure out what your convictions are in life. Ask yourself the question, "What truly matters to me?" When you can answer that question clearly, you can focus on what's important in your life and many of the challenges with transition just become outside noise.

Kameron Kampen graduated from the Haworth College of Business in 2013 with a degree in sales and business marketing and economics.

Starting with his Stryker internship in 2013, he has spent the past five years working in roles that included marketing and national accounts, and he now manages the Eastern North Carolina pre-hospital market for Stryker Medical EMS. Kameron lives in Raleigh, North Carolina but is a native of the Kalamazoo, Michigan area where his mother has worked for more than 35 years in WMU's Sangren Hall.

In this post's photo, Kampen is pictured with Ashley Aiello, a 2014 Haworth College of Business advertising and promotion alumna.