

Cultural Daily

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Five Positive Life Events That May Surprisingly Require Support From a Therapist

Our Friends · Friday, October 16th, 2020

There are some life events that are obviously stressful and may require help from a therapist. With an average of [18,000 car accidents](#) happening every day, it's no surprise that many people seek help for trauma after a car accident. Many people seek help during a divorce, while others search for a therapist after the death of a loved one.

Just don't make the mistake of thinking that only negative life events are stressful enough to warrant some help from a therapist or a counselor. There are plenty of positive life events that are stressful enough to require support too.

Marriage

Getting engaged and married can be great. It's a wonderful commitment you make to someone you care a lot about, and of course, there is a lot of excitement and anticipation around planning the wedding. However, it can be stressful too. Whether you're dealing with demanding future in-laws or you're just a little anxious about how marriage is going to change your life, a therapist can help.

Not only can a therapist help you individually, they can also be extremely helpful if you attend sessions with your spouse-to-be. They can help you work through expectations, especially in regards to important decisions, like having a child or division of household chores. Ultimately, they can help you feel more comfortable and confident when it's time to walk down the aisle.

Having a Baby

Having a baby is an exciting life event, but few things are more stressful. Infants require a lot of care and they can completely change the dynamic between you and your spouse.

It's not just women who can suffer from postpartum depression either. [Men can get postpartum depression too!](#) It can be very beneficial for new moms and dads to speak with a therapist about their feelings and new responsibilities. Not only can working through your anxieties make life better for you, it can make you a better parent.

Having a baby when you already have a child? It can be even more stressful to take care of other children and an infant at the same time! You should never feel ashamed to seek help from a therapist after having a baby, whether it's your first or your fifth.

Kids Starting Daycare or School

Your children will experience many exciting milestones. Those exciting milestones can be scary too. It can be scary to drop your baby or toddler off at daycare for the first time. It can be scary to take your child to the first day of kindergarten, middle school, and even high school. Sending your child off to college to live on their own as an adult for the first time can be extremely exciting and stressful!

No matter what milestone you're facing with your child, a therapist can help. They can help you work through feelings of wondering if your child will be okay, and they can help you adjust to a new normal. If caring for your child was a huge part of your day, and now it's not, a therapist can help you uncover constructive new ways to use your time.

Starting a New Job

Losing a job is stressful and may require help from a therapist, but so can starting a new job. Although it can be very exciting, it's normal to be worried about whether you can handle the workload and whether or not your coworkers will be friendly. You may even be worried about seemingly simple things, like the length of your commute or how your new hours are going to affect your lifestyle.

A therapist can help you adjust to your new job, but they can also help you work through your feelings as you work at your new job, helping you discover if it's a good long-term fit.

Enlisting help is great if you're getting your first job after graduating from college, if you're making a switch you're unsure about, and a therapist can be especially helpful if you're taking a big promotion that you can't stop thinking about.

Milestone Birthday

Birthday celebrations are full of a lot of fun when you're younger, but as you get older, they can [cause a lot of stress](#). That's especially true if you're facing a milestone birthday, like the big 4-0.

Talking to a therapist can help you feel comfortable with the aging process. They can help you live in the moment, no matter what your age, and they can help you prepare for future milestones, so turning 50 isn't nearly as stressful as it was to turn 40.

A Big Move

Moving is usually a positive thing, but that doesn't mean it can't make you nervous and uncomfortable. Having support as you choose a new place to live, pack up your bags, and get settled into your new home can really help.

A few big moves that could cause stress include:

- Buying a house
- Moving in with an aging parent
- Moving in with a boyfriend or girlfriend
- Moving across the country

Retirement

You may have worked your whole life dreaming of the day when you don't have to work anymore, but when you're finally ready to hang up your hat, you may find that retirement comes with a lot more stress than you thought.

A therapist can help you feel comfortable with this next chapter of your life. They can help you uncover interests that you can focus on, and they can help safeguard your mental health by encouraging you to maintain social connections. They may even be able to provide you with local resources and volunteer opportunities in your community that can help ensure you have plenty of positive options to keep you busy.

There are a lot of common negative events that can greatly benefit from therapy, but it isn't just car accidents, illnesses, and drug addictions that can cause stress. There are plenty of positive life events that can cause stress too, and a therapist can help.

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This entry was posted on Friday, October 16th, 2020 at 2:21 am and is filed under [Lifestyle](#), [Sponsored](#)

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