

# 7 WAYS TO IDENTIFY LIFE DISRUPTIONS

*What is life disruption? Life disruption is that thing that happened and you didn't see it coming, but now it's here and your world is turned upside down. Life happened and...*

*You are overwhelmed with uncertainty.*

*You are riding an emotional rollercoaster.*

*You feel lost and without routine.*

*You have difficulty making decisions.*

*You are struggling with identity.*

*You are feeling isolated.*

*You feel mentally and physically exhausted.*