

MANAGING LIFE TRANSITIONS


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Managing Life Transitions

“Who are you?” said the Caterpillar...

“I – I hardly know, Sir, just at present,” Alice replied rather shyly, “at least I know who I was when I got up this morning, but I think I must have been changed several times since then.”

Lewis Carroll, Alice in Wonderland

A wooden bench is positioned in a grassy field, facing away from the viewer towards a sunset. The sky is filled with dramatic, orange and yellow clouds, and the sun is low on the horizon, creating a warm, golden glow. The bench is made of dark wood and has a simple, sturdy design. The foreground is filled with tall grasses and some small plants. In the distance, there are rolling hills or mountains under the bright sky.

***Life is change;
growth is optional;
Choose wisely.***

Karen Kaiser Clark



***If change leaves you breathless,
learn to breathe differently.***



***We see things not as they
are, but as we are.***

The true journey of discovery consists not in seeking new landscapes but in having fresh eyes.



Marcel Proust

Life

For a long time it had seemed to me that life was about to begin – real life.

But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, or a debt to be paid.

Then life would begin.

At last it dawned on me that these obstacles were my life.

Alfred D. Souza



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Early Memory Exercise

- Choose a memory related to coping with change under the age of 10 yrs.
- Describe what you see in the memory, focusing on the child's experience.
- What feelings does the child experience within this memory?
- What strategies did the child use to manage change?

Early Memory Exercise (cont'd)

- How are the strategies and feelings different or the same in your life today?
- Rewrite the memory as you wish it could have happened. How would you change your response, the circumstances, the other people (if any present in your memory)?

Transition

Change is a shift in a life situation.

- Transition is the inner process through which people
- come to terms with a change, as they let go of the
- way things used to be and reorient themselves to the way things are now.

Transition

- Managing transition means helping people to make
- that difficult process less painful and disruptive.
- “...change is a wall and transition is a gate in that wall, it’s there for you to go through.”

Three Phases of a Transition Process

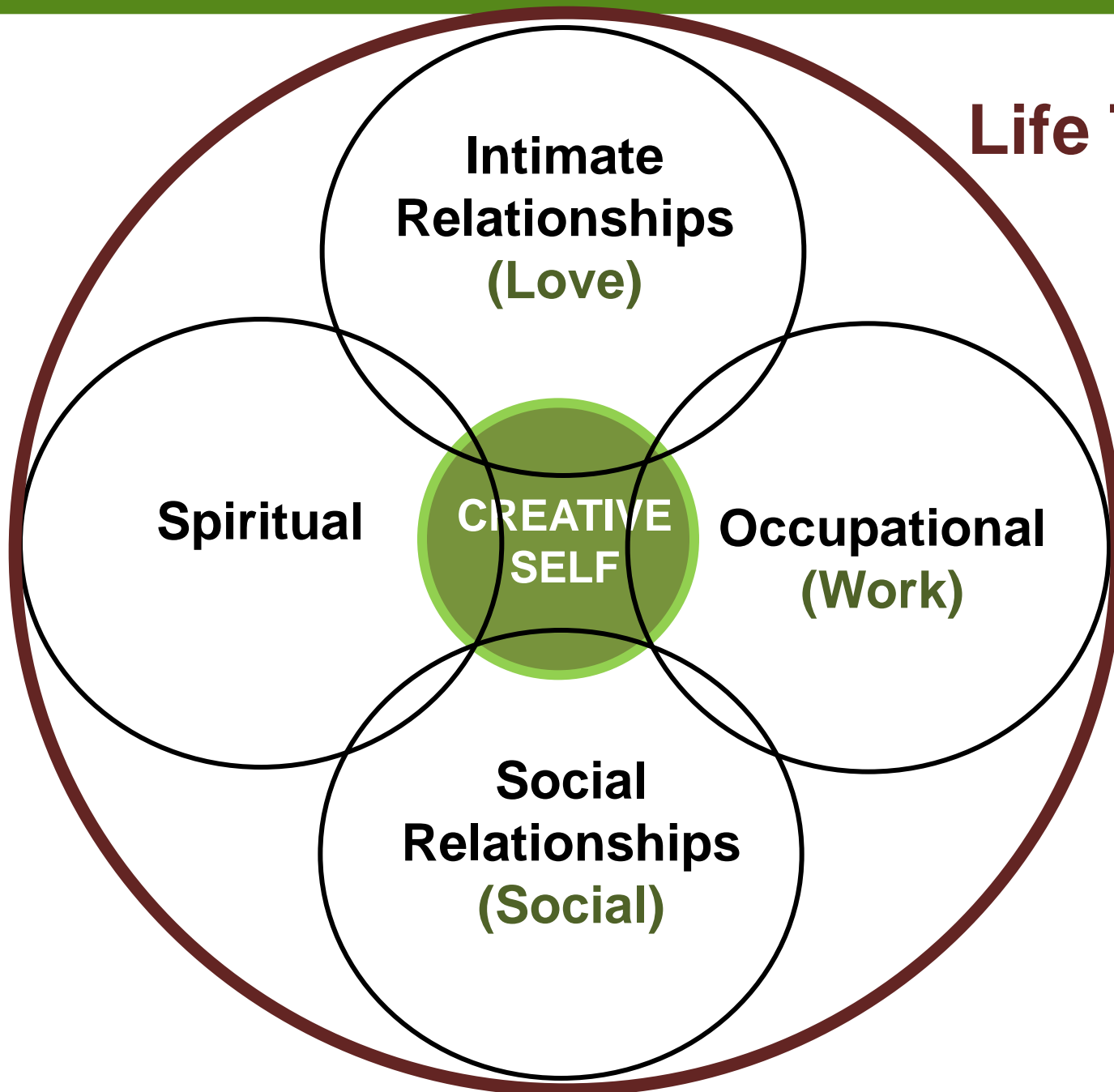
1. The process begins with an ending – a letting go.
2. Then moves to a neutral zone – being in two places, old and new.
3. Embracing a new beginning.

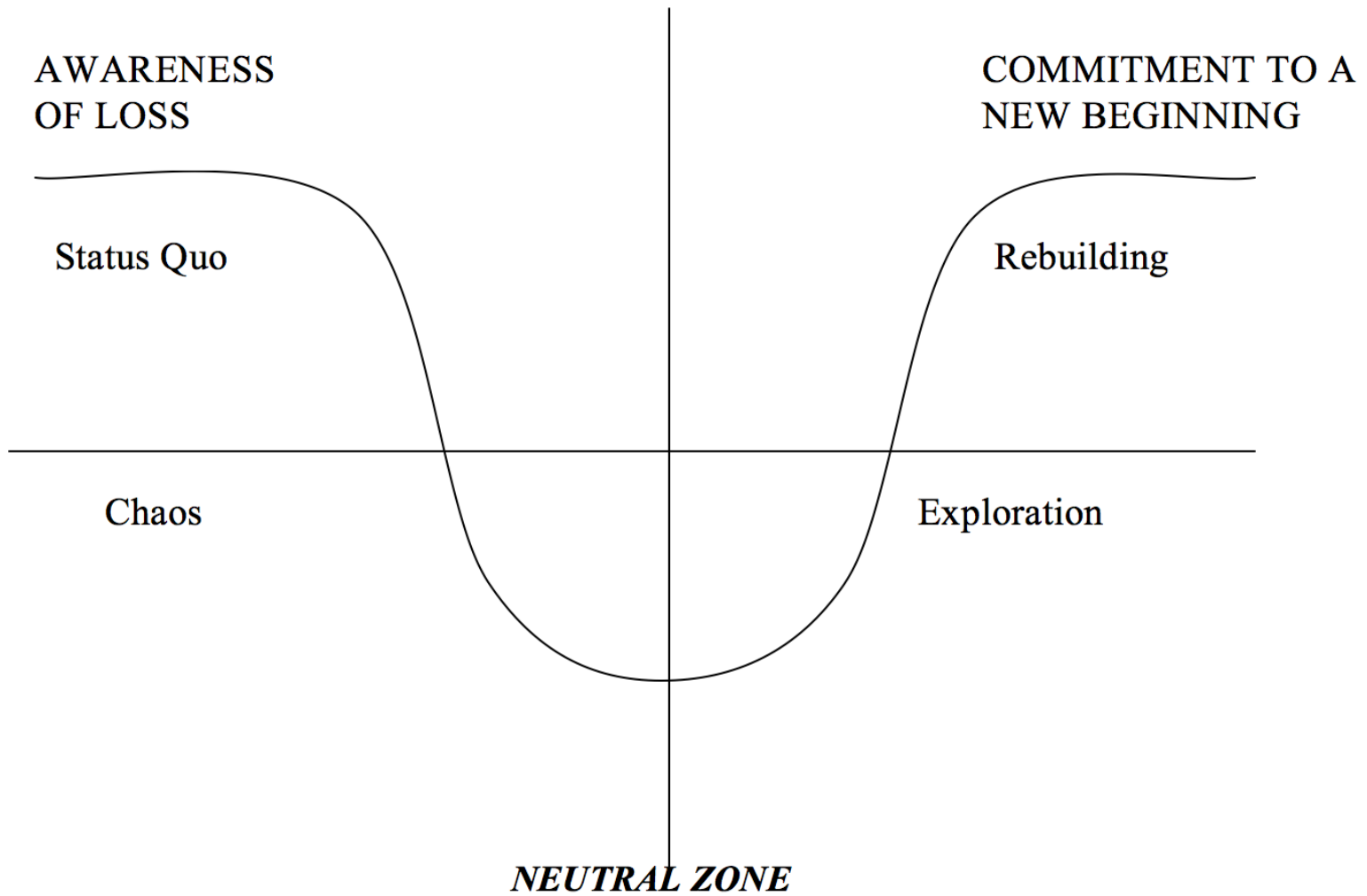
William Bridges

Transitions

- Transitions have both losses and gains within them.
- Transitions are a process not an outcome.
- Transitions can only be managed in the present time zone.
- Transitions are managed more easily with support and encouragement from others.

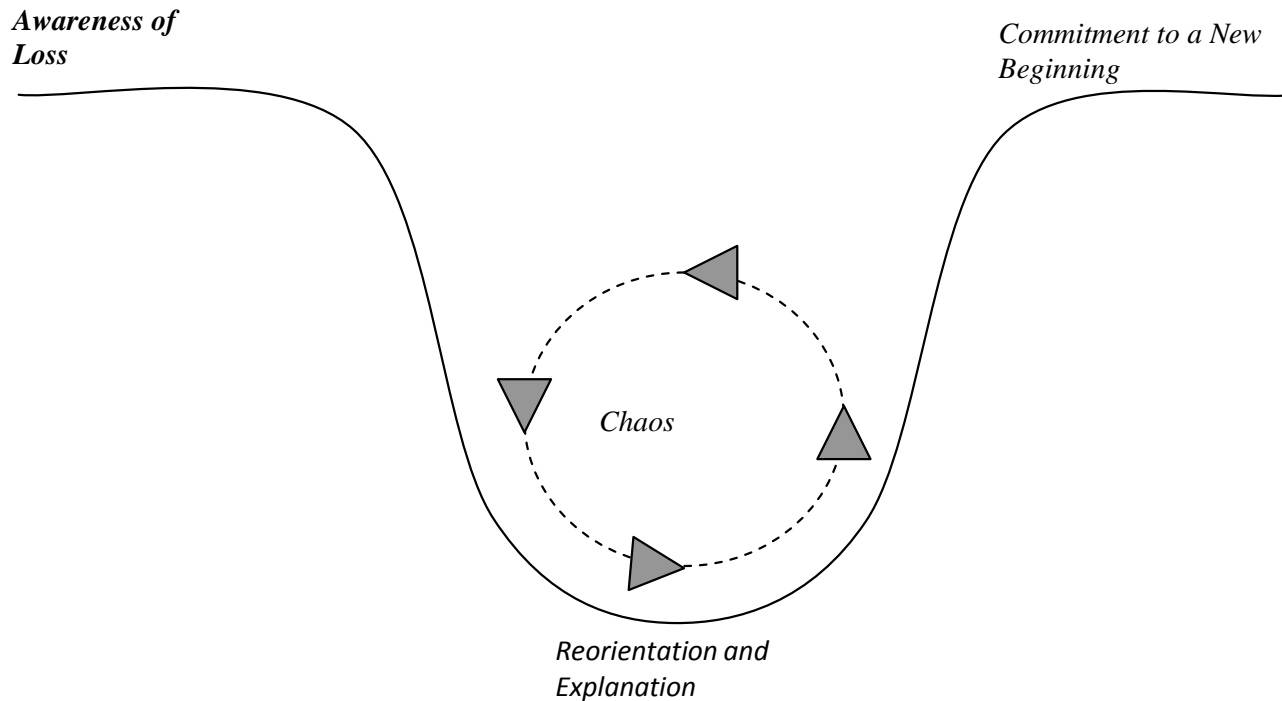
Life Tasks



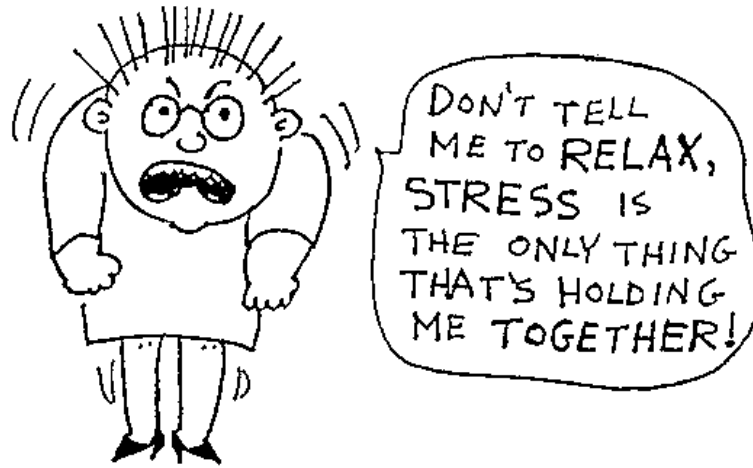


Making change happen: the change curve

Change:
Transition:
Endings:
Neutral Zone:
Beginnings:
Resonance:
Resistance:



Too much change
in too short a time
can cause distress.



Definitions

Stress: a response of the body to any demand made upon it.

Stressor: the factors in our lives that produce stress

"Stress is a necessary and normal human experience, a part of living."

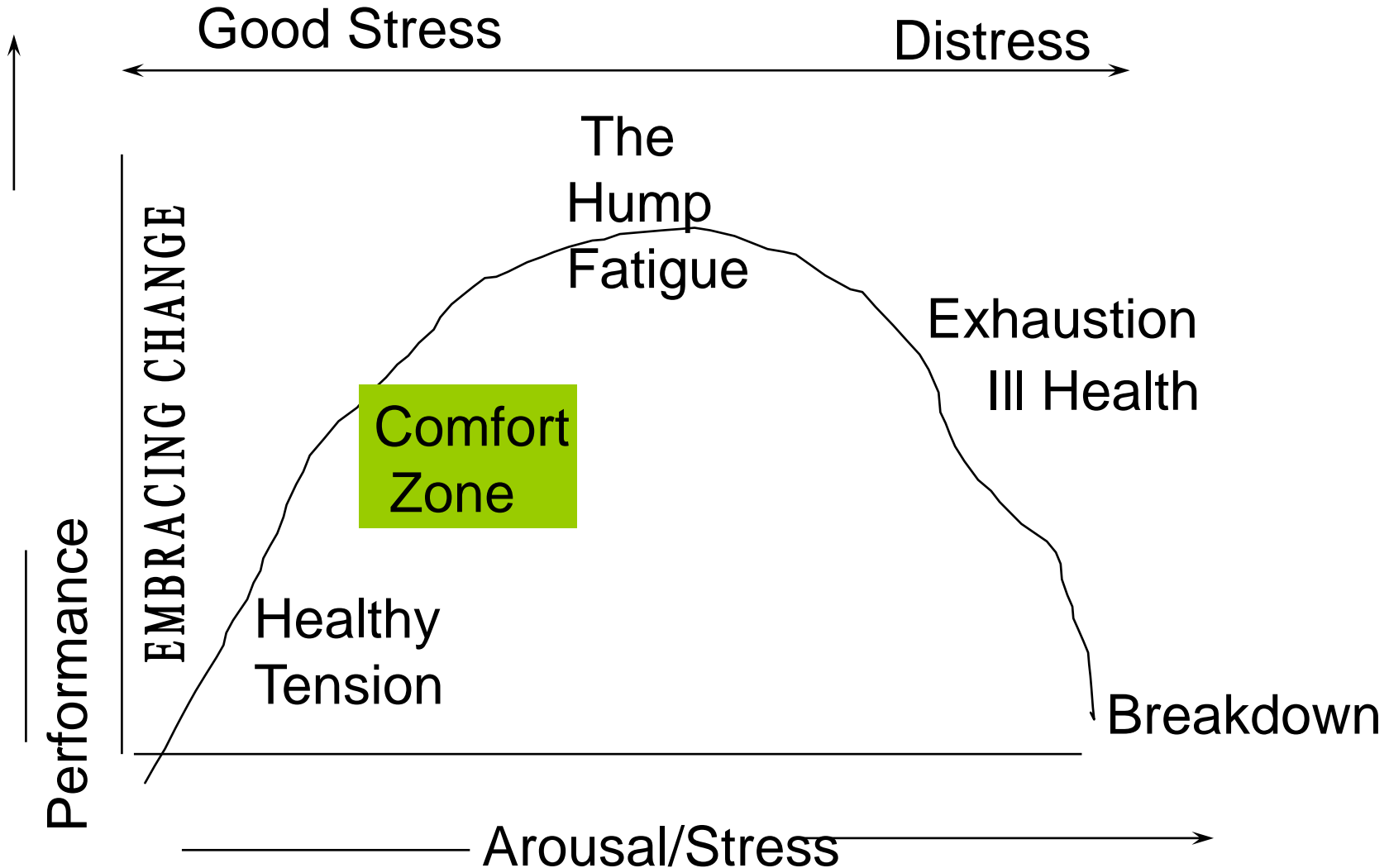
Source: Hans Selye

Stress Mythology

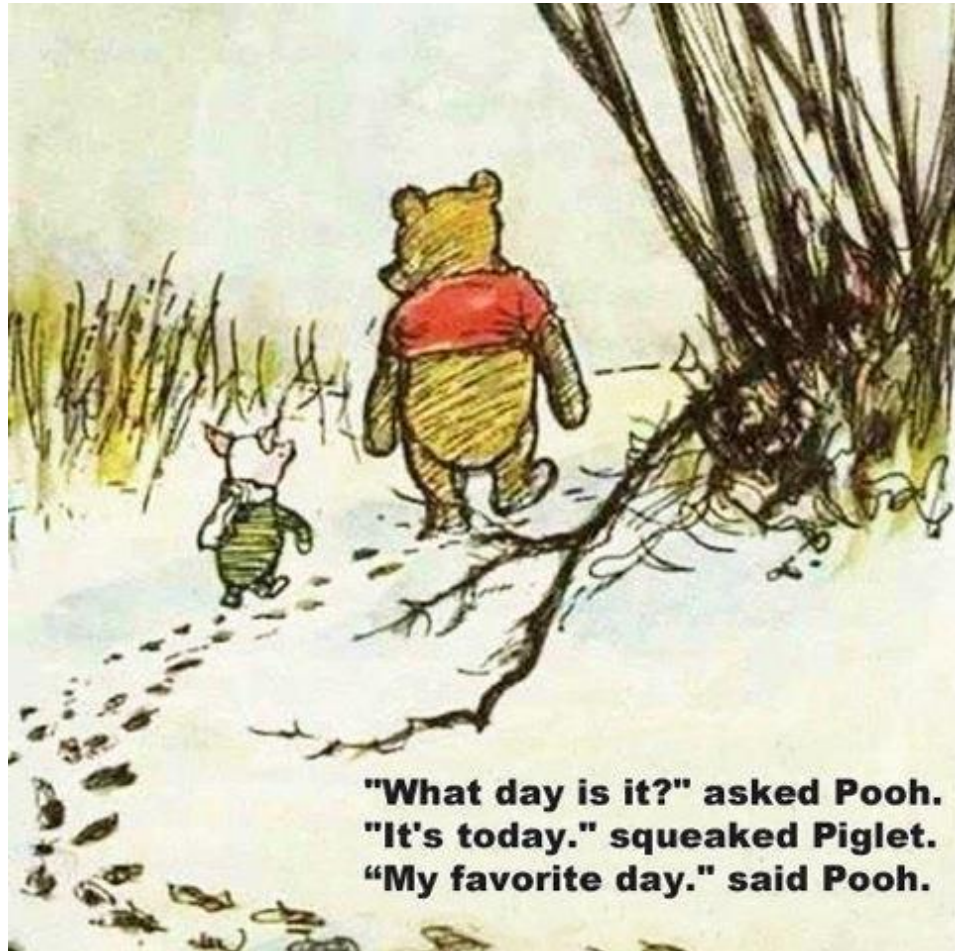
Listed below are some of the commonly held misconceptions surrounding stress.

1. **"All people experience stress in the same way."**
2. **"You always know when you're beginning to suffer from excessive stress"**
3. **"Only weak people suffer from stress."**
4. **"People bring stress on themselves."**
5. **"Pleasant, happy events don't cause stress."**

The Human Function Curve



Living in the Present Moment



**"What day is it?" asked Pooh.
"It's today." squeaked Piglet.
"My favorite day." said Pooh.**

Living in the Present Moment

Challenges:

- Tendency to focus on regret from past and worry about future – not the present.
- Hard to accept ever changing nature of things.
- Tendency to cling to pleasure, success or avoid pain, failure.
- Mind and behaviours are so conditioned by habits and boundaries of the past.

Living in the Present Moment

“Oh, I’ve had moments, and if I had to do it over again. I’d have more of them. In fact, I’d try to have nothing else. Just moment, one after another, instead of living so many years ahead of each day.”

Nadine Stair
Wisdom of 80 yr. old

Humour and Well-Being

- The medicine of the soul, or the sound of its healing is laughter.
- Humour is the key to opening the doors of Well-Being

Physiological Benefits

- “Inner Jogging”
- every system in the body gets a workout
- endorphins/opiates are released
- works the heart and lungs
- increases flexibility
- increases muscular strength

Psychological Benefits

- Humour gives us personal power
- Humour helps us to cope
- Humour provides perspective
- Humour keeps us balanced

Creating Humour

What are the five characteristics of people who love to laugh and demonstrate a sense of humour about themselves and their lives?

1. They have **enthusiasm** for life and for being alive.
2. They have **belief** in life and look forward while enjoying the journey they are travelling.
3. They demonstrate **love** for self and others and are open and accepting in relationships.
4. They **forgive** the mistakes of self and others.
5. They **persevere** in setting goals, taking responsibility and facing adversity without giving up or giving in.

Love is...

when my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.

Rebecca – age 8

Love is...

when someone loves you, the way they say your name is different. You just know that your name is safe in their mouth

Billy – Age 4

Love is...

when your puppy licks your face even
after you left him alone all day.

Mary Ann – Age 4

Love is...

when you love somebody, your
eyelashes go up and down and little stars
come out of you.

Karen – Age 7

Love

My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night.

Elaine – Age 5

Love

I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones.

Lauren – Age 4

Love

You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget.

Jessica – Age 8

Risks

To laugh is to risk appearing the fool

To weep is to risk appearing sentimental

To reach out to another is to risk involvement

To explore feelings is to risk exploring our true self

To place ideas, your dreams before the crowd is to risk loss

To love is to risk dying

To hope is to risk despair

To try is to risk failure

But risk we must

Because the greatest hazard in life is to risk nothing.