

NAVIGATING THROUGH CHANGE/LOSS/GRIEF

Whether change is intentional or not, it has a predictable cycle that can be divided into 3 stages.



Here is a summary of each stage, along with how to recognize them, and strategies to help you navigate through them.

STAGE 1: RESIST (Shock or Denial) Resisting what 'IS', due to fear; denial, immobilization.

Strategies: Seek to understand. Resist or judge nothing. Be unconditionally kind.

STAGE 2: SEARCH (We Question....Everything!) Searching for answers, struggling as emotions surface.

Strategies: Become an observer of yourself; question, learn, allow yourself to feel strong emotions. Remember tough things you have grown through in the past. Schedule 15 minute 'tantrums'. Find your strengths. Problem solve. Access trusted support.

STAGE 3: RESPOND (We Adapt or Create Anew). Deciding how you will live your life now that this change has occurred. Fully accepting what is, and creating what's next.

Strategies: Commit to finding the good, even within change. Grow stronger as a result of this change. Build on the faith you have developed in yourself. Deliberately choose what you will leave behind and what you will carry forward, as you create your life from this new perspective. Make this change count for something!