

# Take Changes in Stride

## 6 TIPS FOR HEALTHY TRANSITIONS

**P**eriods of transition or significant change in your life, whether the death of a loved one, a loss of a job, a divorce, or adjusting to an empty nest, can take a toll on physical, mental and spiritual health. It's important to take changes in stride and do your best to keep your health and attitude up even when you feel down. Here are some tips for coping with change.



### 1 ACCEPTANCE.

The first step for coping with any change is to fully accept it. Many times it is already out of your control, so accept that fact, and move forward.

### 2 POSITIVITY.

Try to visualize the positive aspects of the change. Transitions happen for a reason, and many times change challenges us in ways that may make us uncomfortable, but can strengthen us if we let it.

### 3 HONESTY.

Take time to be honest with yourself and reflect on your emotions, but do not let them control you.

### 4 GOOD VIBES.

Do your best to surround yourself with people who want the best for you and can help feed your positivity and boost your self-esteem. Being around others with optimistic attitudes can greatly influence your own.

### 5 VULNERABILITY.

Let yourself be vulnerable and ask for help when you need it. Realize that you're not the only one who has faced these obstacles, and seek out those who have had similar experiences and come out on top.

### 6 LETTING GO.

The most important step of accepting and embracing change is to let go of the past. Letting go does not mean banishing it or forgetting it ever existed, but make a conscious effort to let the past be the past. The future is always unfolding, and dwelling on the past does little to help ride that wave. Keep yourself present in the present!

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