

Transitions and Transformation

by Susan Popiel

Transitions. All of us experience them, both big and small, expected and unexpected ones. Attending a new school, changing jobs or retiring, relocating to a new community, relationship changes, the loss of a family member, friend or pet, and health challenges are examples of life events that can lead to major changes. These changes can become stressful or even overwhelming at times, yet transitions can also be the key to transformation and new growth.

How can we support ourselves and encourage others that are undergoing life transitions toward positive transformation? Here are some ideas:

- Recognize and acknowledge feelings that are unique for each person.
- Journal and reflect on the situation to help effectively “sort out” an experience and access inner wisdom to determine future needs or planning.
- Stay hydrated by drinking good quality non-caffeinated beverages.
- Eat nutritious, well balanced meals.
- Connect spiritually in a way that is meaningful: prayer, meditation, or services.
- Share with a trusted friend or family member.
- Spend time outside, walk or participate in exercise that is enjoyable.
- Get adequate sleep.
- Use relaxation techniques: aromatherapy, deep breathing exercises, guided relaxation exercises/recordings, or warm baths.
- Allow time for solitude.
- Listen to soothing music.

These self-care suggestions help provide stability in navigating the “ups and downs” of life transitions that we encounter. They will also set up a wonderful foundation for greater overall health and wellness. If further support is desired, excellent resources are available through local therapists, counselors, medical and holistic practitioners.

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