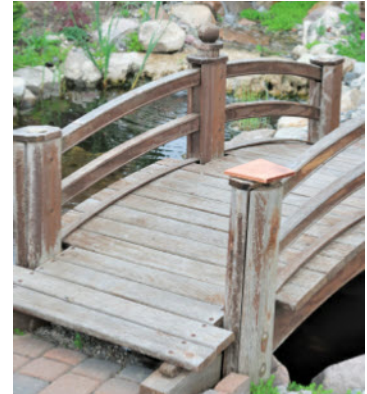


The Bridge of Transitions

Change is about moving to a new town, changing jobs, leaving relationships, etc. It is primarily a physical difference in our lives. Change frequently signifies a loss of some sort. Transitions, on the other hand, involve our ability to adapt to a changed circumstance and the effect of these transitions on our mental and emotional state. Transitions require us to be flexible for exploration of new territory, work, self-definition and taking risk.



Transitions are the bridge that we travel to get from one place to another. It is during this transitional bridge that we try new things, experience loss, perhaps aren't as confident as we were, feel less secure in our plans, experience loneliness or isolation, and have increased fear. This is frequently because we feel a lack of control. We are traveling from the known to the unknown.

At some point, perhaps after we try a variety of new ways of functioning, working, being with ourselves and others, we begin to settle into a pattern and can begin to feel greater ease as the new becomes familiar.

The following may be helpful to consider if you are on the bridge of transition:

- What is staying the same in your life and what is changing?
- What relationships or resources can you draw upon to support you through this process?
- What do you need to do to take care of your health during this period?
- How can you increase times of peace in your life?
- What gives you pleasure (music, activity, nature, etc.)? How can you increase it?

For more resources to assist you in taking charge of your health and well-being during times of transition, visit HeartHill.com.