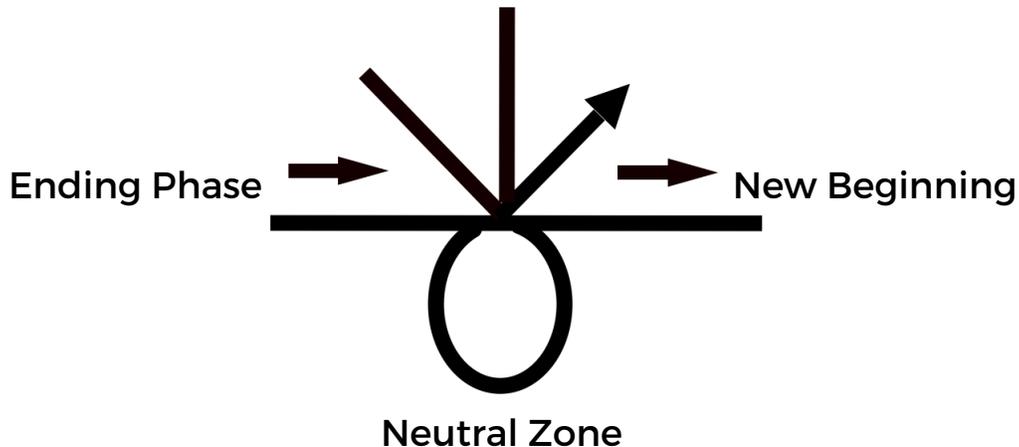


Transitions: Navigating Challenging Times

Sharon Cox, RN MSN



"The transition process is a loop in the journey of life, going out and away from the main flow for a time, then coming back."
 William Bridges- Making Sense of Life's Changes

Change	Transition
Goals	Process
Situational	Psychological
External	Internal

"The important thing is this: To be able at any moment to sacrifice what we are for what we would become."
 Charles DuBose

Helping **Ourselves** and **Others** in Times of Transition

Endings

Cannot push the process/reach out for support/do things that inspire you/practice spiritual disciplines

Explore the other side of the change/ don't act for the sake of acting/use temporary structure

Listen and understand the grieving process/give information over and over/rituals to mark the ending

"That was then, and this is now" /self care is essential and not selfish/ quiet time for reflection/prayer/self-compassion practices

Neutral Zone

Often imperceptible shifts/unfolds and takes time/only way out is in/opportunity for transformation

Pay attention to nudges, coincidences/make time to be receptive/ journaling/spiritual disciplines

Anxiety is normal response/practice mindfulness and acceptance/ use short-range goals/focus on "half full"/ self-care to respond rather than react

Take time away to regain perspective/ strengthen support systems/ listen and help to reframe

Foster group connections rather than taking the stress out on each other

New Beginnings

Celebrate small victories or early successes/ambivalence is normal/ involves new understandings

New beginnings come from an inner alignment/may feel like a gamble/notice what resonates

Review lessons learned, what's different now/expect some ambivalence/ identify with the new beginning/ offer resources for support/develop a game plan/stay proactive

References

Susan Beaumont- How to Lead When You Don't Know Where You are Going

William Bridges- Transitions: Making Sense of Life's Changes 40th Anniversary Edition

William Bridges-Managing Transitions Making the Most of Change- 25th Anniversary Edition

William Bridges-The Way of Transition: Embracing Life's Most Difficult Moments 2001

Richard Rohr- The Wisdom Pattern: Order Disorder Reorder 2nd edition 2020