

New Online Scheduling System

Three easy steps:

- 1) Go to our website journeyscomo.com and click on the homepage scheduling link.
- 2) Register as a new client (new username and password)
- 3) Make an appointment or changes to your appointment anytime 24/7!

Handling Change

By Linda Fentress, M.Ed., Licensed Professional Counselor

What is the only constant in the universe? Change. On top of that.....it's difficult!

It seems that humans are hard-wired to resist change, and sometimes we develop mal-adaptive coping techniques like overeating, drinking excessive alcohol, controlling others, etc. Our **resilience factor** to change often makes all the difference.



Change can be unwelcome in the form of a job loss, a medical crisis, a financial emergency. Sometimes change can be welcome as in a marriage, the birth of a child, a job promotion, but still be accompanied by additional demands, responsibilities, and quite a bit of STRESS!

Here are some tips to positively handle transitions.....

SOAK UP GOD'S UNCHANGING NATURE Scriptures that talk about God's immutability can serve as an anchor for the soul. Check out James 1:17, Hebrews 13:8, and Malachi 3:6 which all talk about God's unchanging nature.

ACKNOWLEDGE YOUR EMOTIONS Fears, doubts, uncertainties, sadness, etc. can get internalized and come out in destructive ways. Take time to grieve losses, and consult the Psalms....especially the Psalms of Lament (Psalms 13, 69, 142).

RESIST ISOLATION, PURSUE COMMUNITY Confide in family, friends, a small group, pastor or counselor. Hebrews 10:25 encourages us to "not give up meeting together, but encourage one another".

GET ACTIVE As you are able, carve out time for a brisk walk for thirty minutes—three to four times a week—which not only strengthens the body but also recalibrates the brain and floods it with endorphins, nature's anti-depressant and anxiolytic.

REFRAME YOUR THOUGHTS Take your thoughts captive as the Bible suggests in 2 Corinthians 10:5. Try to identify unhelpful ways of thinking such as catastrophizing or personalizing and reframe those destructive paradigms with more helpful beliefs. Try to identify the "positive negatives".....in other words, "*what can I do or experience now that I was not able to before?*" Choosing to think about change in a positive way helps us cope through the stress of it.

"Everything can be taken from a man or a woman but one thing: the last of human freedoms to choose one's attitude in any given set of circumstances."

Viktor Frankel

Holocaust Survivor

