

# "CHANGE" FATIGUE

While our lives are always shifting, many of us are creatures of habit and enjoy feeling as though we have some kind of "normal" we can count on. When that "normal" is disrupted, it can feel disorienting and we may strive to find a "new normal" as soon as possible. But what happens when we have prolonged change, uncertain shifts, and no clear road ahead? We can feel ourselves start to get fatigued from all of the change and the continuous feeling of not being settled. In times like this, it can be helpful to find small things we can control or look to for comfort.

Below are some prompts to help you think through how this affects you:

## WHAT CHANGES DO YOU FEEL ARE AFFECTING YOU TODAY?

Remember not to judge yourself when thinking of people, situations, life events, etc. that are affecting you. We all react to things differently. If it's bothering you, it's worth your time to work on it!

## WHAT DOES THIS TRIGGER IN YOUR MIND, HEART AND/OR BODY?

Take some time to slow down and check in with yourself. What seems to be bothering your body? What's rolling around in your mind? What is your heart asking for?

## WHAT DO YOU NEED TO BE ABLE TO COPE WITH THESE CHANGES?

We may be quick to comment that we need the change to not have happened or things to go back to "normal." Allow yourself that frustrated moment and then think realistically about what you need to help you keep going forward in a healthy way.

## HOW IS THIS IMPACTING YOUR ABILITY TO CONNECT WITH OTHERS?

We all need different kinds of connection during times of stress and uncertainty. There is no right or wrong answer. How have you been connecting lately? Is that enough? Do you need more? What kind of connection are you craving? How are you able to fulfill that in a way that feels ok for you?

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## HOW CAN YOU ADD BITS OF "NORMAL" INTO YOUR EXPERIENCE?

Many of us may come to realize that our world and life is forever in a state of change, but that small rituals or habits may help us to feel more grounded. What are the things you turn to when you need these feelings? Are they helping or hurting you? Is there anything you would find helpful to add?

## WHAT PROVIDES COMFORT FOR YOU DURING TIMES OF CHANGE?

As humans, we tend to turn to our creature comforts when we feel discomfort and stress. What gives you this settled comfortable feeling? Is it healthy or do you need a shift to a healthier comfort outlet? If that outlet is not available to you at this point in life, what are some other things/people/places/etc. that you could call upon to provide comfort?

## WHAT OUTLETS CAN YOU ACCESS THAT WILL LIGHTEN YOUR MOOD?

In this day and age, we have so many wonderful outlets available to us. Here are some ideas to give you a jump start: time in nature, watching funny videos, reading a good book, watching a funny/sweet show, listening to music, reaching out to someone supportive, making a yummy meal, finding a new hobby. Remember that it can be important to find happiness in the midst of change and stress.

Please keep in mind that change is not easy for many people - you are not alone in this. Allow yourself to feel the discomfort that comes along with change and stress, but know you don't have to stay in that feeling. It may come in and feel like a storm, but even storms settle and pass. Just as you would find shelter or some kind of cover, you can do that within your emotional storms as well.

Our hope is that these prompts will be helpful in helping you think and feel your way through your experience.

LIKE A LOTUS FLOWER.  
WE TOO HAVE THE ABILITY TO RISE FROM THE MUD  
BLOOM OUT OF THE DARKNESS AND RADIATE INTO THE WORLD

