



e-quilibrium

- *"electronic briefs on behavior and health"*

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Change

It's often said that the only certainties in life are death and taxes. Change is arguably another certainty in life.

William Bridges, the author of The Way of Transition, writes about a paradox: "To achieve continuity, we have to be willing to change... without continuous readjustment the present cannot continue." And about another paradox, he says, "The very things we now wish that we could hold onto and keep safe from change were themselves originally produced by changes."

By no means is this to suggest that all change is good. In fact, Bridges' book recounts his coping with the very difficult process of grieving the death of his wife and figuring out how to move on with his life.

Lots of energy, angst, and resources can be spent resisting change... changes that come with aging, with maturing children, with losses, or with development in our communities. When there are changes in organizations, the words, "we've never done it that way before," may be uttered. Of course, it is important to resist certain changes as some changes are clearly better than others (albeit there often is disagreement about these). But "status quo" is ultimately not an option.

The term "develop" comes from the root *voloper*, meaning "to wrap." This means that development or growth

involves unwrapping something, so that something changed can be wrapped again. When struggling with change, useful questions to ask oneself are, "What is holding me back?" or "What do I need to let go of?"

Excessive stress is not good for health. I regularly work with clients to help them identify a "changed" way of looking at things... a more adaptive perspective on their circumstances. Accepting that "life is change" can be a healthy (less stressful) perspective that allows us to work with and contribute to the changes in our lives... and discover the opportunities to be found in change.

The logo for this e-newsletter is a gyroscope. Navigating the changes inherent in life requires ongoing adjustments and adaptations... the way to maintain e-quilibrium!

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