

COUNSELLING & *Well Being*

ALL CHANGE! - NEGOTIATING LIFE TRANSITIONS

– by Karen Mistlin : Space2Be Counselling ;
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Summer is nearly over, the children are back to school, college or university. They may be even leaving home to go out into the big wide world of business starting new careers. So where does that leave you? And how does that make you feel? Are you aware of what is often called The Empty Nest Syndrome. Maybe feeling unsettled and possibly sad.

What I have described is typical for this time of year but in fact life is not a passive process and our lives are continually changing. Life is a process of beginnings and endings. In both life and nature, there are times when things move slowly and don't seem to change much. Then suddenly, things change quickly. The young and the old experience their own unique reactions to life transitions, some are able to take change in their stride, for others this can prove more of a struggle.

Life transitions or changes are challenging because they force us to let go of the familiar and face the future with sometimes a feeling of vulnerability.

Most life transitions begin with a string of losses:

- ◆ The loss of a role
- ◆ The loss of a person
- ◆ The loss of a place
- ◆ The loss of your sense of where you fit in the world.

Any significant loss makes most people feel fearful and anxious. Since your future may now be filled with questions, it is normal to feel wary or afraid. We live in a culture that has taught us to be very uncomfortable with uncertainty, so we are anxious when our lives are disrupted.

On the positive side, these transitions give us a chance to learn about our strengths and to explore what we really want out of life. This time of reflection can result in a sense of renewal, stability and a new equilibrium.

Times of life transitions offer you the chance to

explore what your ideal life would look like. A time to re-evaluate or focus on your own personal development. You can even reflect on the hopes and dreams you once had but perhaps forgot about.

It can help to take time to write about them in a journal or talk about them with a trusted friend or counsellor.

Now is a good time to take advantage of the fork in the road...

For further information on Space2Be Counselling
Call Karen Mistlin : 07774 834730
Or email : Karen@space2be.org
Website : www.space2be.org
Any contact strictly confidential

Space2Be Counselling

At Space2Be I offer professional, confidential therapy, working with adults and young people exploring issues such as:

- Anxiety & Stress
- Bereavement
- Loss
- Separation
- Low Self Esteem

- Life Changes -
- Depression -
- Sexuality -
- Relationships -
- Anger & Conflict -

TO TAKE THE FIRST STEP:

Call: Karen Mistlin B.A., F.d.A. Couns., MBACP
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