

Victor Frankl said, "When we are no longer able to change a situation, we are challenged to change ourselves."

Simply put, many times the change (or changes) we are facing are not ones we would have chosen.

For example:

- Facing a loved one's illness, or your own
- Death
- Divorce or break up
- Unplanned pregnancy or infertility
- Loved ones moving away
- The PANDEMIC!

We already know we cannot control the weather, the past, traffic, other peoples minds, or happiness. The big stuff we're talking about though leaves us feeling out of control, helpless and even unprepared.

We are affected in all different ways - heart, mind, body, and soul.

When faced with unwanted change, there are 5 things that we CAN control, and that was yesterday's subject matter:

- Your attitude, thoughts, and resolve
- Your effort to do your best
- Your actions to stay loving
- Your feelings - other people have nothing to do with them!
- Your reaction - how do you "meet" the things you don't want?

On Wednesday we spoke about the wisdom of patience because, in the process of change, it's the thing that makes the progress a reality.

When you're dealing with abrupt, unplanned or unwanted change, patience is your guiding light - your True North. (listen to Wednesday's show here for more!)

So how do you deal with unwanted change?

1. Acceptance: "If only's" and "I can't handle this" won't help. Unwanted change forces itself on us and we don't have the luxury of processing it sometimes. So, our only choice is acceptance in order to move forward. Yes, the processing is important, but you cannot tell your sick, aging parent to wait until you've worked through it all.

2. We are not One-Woman-Shows. We need our people, and we need to know that we are not alone. We can do this by being active in our communities (think about the Hot Melt Sprint Group, for example), or by finding a Body Clutter Buddy.

3. We need someone to listen. My friend Rhonda Britten says, "Complaining is advertising your fear." It's important to VENT rather than COMPLAIN. Venting is an acknowledgment of your EMOTION around the unwanted change, and it helps. On the other hand, complaining is advertising your fear, and all about how this affects you (which may be valid) but also oftentimes puts the blame on others. I believe it's important to be able to talk about what's up but in context. Most often we just need to be heard and loved - you don't need to complain to connect.

4. A gratitude practice is essential - outside of this unwanted change, you still have a job, friends, a garden, a pet, etc. "Today I am thankful for _____"

5. Be solution-oriented rather than problem-oriented - how do you resolve it, or at the very least, make the best of it?