

Change Happens: Adjust!

Life has been hectic and busy since our move this summer. Here it is November and I am still adjusting to all the changes in my life! November is also one of those transition times as weather and activities change. Depending upon the 'climate zone' of your area, the weather may range from mild and sunny to chilly and rain-drenched to white-out blizzards. For those of us who enjoy being physically active outside, this could be bad news. We are also moving full-force into the holiday season which messes not only with healthy eating plans, but with schedules.

The one thing in life that seems certain is change! How does one maintain healthy habits and life-styles in the midst of changing circumstances? While there isn't a definitive answer that fits everyone, here are a few suggestions:

- **Stay focused on your goals.** Whether you are trying to maintain healthy eating habits, an exercise routine, devotional time, or supportive relationships, there are various ways to accomplish your purpose of being a healthier person.
- **Adapt your plan to the changing circumstances.** Don't give-up your plan. Make adjustments. Dress for the weather, walk the shopping mall, or gather a group for an exercise video session at the church. Take your favorite healthy dish to the office pot-luck for everyone else to sample and pass out the recipe. If you have to miss your weekly support group meeting, check in with someone by phone.
- **Keep a positive outlook.** Don't get depressed or upset because life has interfered with your plan. A positive approach helps you look for alternatives and keeps you moving towards your target.
- **Enlist help and dialogue with others.** Other persons have different perspectives and ideas that you may not have thought of. Ask for help and process your issue with someone else, you may be surprised at their suggestions.
- **Allow yourself to restart.** When you fail or lapse into old habits, don't give up. Learn from your experience; what was helpful and what wasn't. Revise your plan and go forward.
- **Connect with God.** No matter how much life has gone awry, remember that you are loved and valued by the Creator. God is in the change business. Tap into God's strength and energy as you adjust to changing situations.

I invite you to keep this scripture in mind as you cope with the changes of life.

"I can do all things through Christ who strengthens me" Phil. 4:13 NRS

Kae Trittle, RN

Wellness Coordinator

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