

BREATHING THROUGH CHANGE

Sometimes facing change in our lives can bring up a lot of fears and insecurities. Even if it is a change that we really want and seems to be a positive leap in the right direction.

Cheryl Richardson talks about human beings having a "need for safety and security" and that often when we experience some change we may "regress to a younger age" where we may not remember we have the resources that our current (or adult self) has. She says that if we are going through a "positive or negative change", it is important to find ways to support ourselves, with skills that impact our "thoughts, beliefs and actions."¹

So when you are facing a change, whether it is really difficult (and feels heart-breaking) or if it is the beginning of something really wonderful in your life (that you've been working towards and is *finally* happening) and if it feels like your very foundations are shifting, it is really worthwhile to take some time out to:

- **Acknowledge** your feelings
- Maybe get a sense of **how old you feel** (in the moment)
- **Remember** that you **do have resources** available to you
- **Utilise** a **resource** to **work through your feelings** about this change (eg. Journal)
- **Check in** with how you are feeling now

Remember the following resource and use it to work through your feelings around the changes you are facing in your life:

Heart Focused Breathing™ Technique²

1. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area. Breathe a little slower and deeper than usual.
2. (Suggestion: you can try breathing in to the count of 5 and out to the count of 5). Do this for 30 seconds or more.

Sometimes just **remembering to breathe** can help us manage (and shift) our feelings or get through our day; and we can only get through one day at a time [and if it feels really hard - just focus on getting through an hour at a time], taking one breath and one step at a time.

Perhaps you can try look for a **quote** that inspires you or reminds you about the challenge of change. For example, Maya Angelou's quote:

*"We delight in the beauty of the butterfly but rarely admit the changes it has gone through to achieve that beauty."*³

Also remember, it is **okay to ask for help**. If you are struggling with your feelings about the change, get in touch with a life coach or another professional, who may be able to equip you with additional resources and be a helpful companion through the change (positive or negative).

¹ Richardson, C. 2017. Navigating Change: Embracing the Ups and Downs of Life through Tapping (presented at the EFT Tapping World Summit 2017). Online: <http://www.thetappingsolution.com/blog/tapping-world-summit-2017/>

² Institute of HeartMath, 2014. HeartMath® Certified Trainer, Leader's Guide Contents: Heart Focused Breathing™ Technique, p.17

³ Goodreads quote: sourced at <https://www.goodreads.com/quotes/84834-we-delight-in-the-beauty-of-the-butterfly-but-rarely>