



Walmsley & Associates Fall Newsletter September 2004

*Meeting the needs of individuals,
employers and the community.*

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Autumn: a Season of Change...

During the season of autumn, the world around us is constantly changing. The leaves turn red and yellow, the nights get shorter and colder, and the Canadian geese decide to head south for the winter. Life experience can also send changes our way, such as:

- **At-home change:** separation and divorce, pregnancy, bereavement, relocation, and the “empty nest syndrome”, marriage, blended families, and adoption.
- **Maturation change:** retirement, body image, physical health, puberty, and menopause.
- **Workplace change:** professional burnout, a new position, a restructuring of the workplace, or power imbalances.

Some changes can be exciting and fun, while others can create stress and uncertainties. There are 3 *basic stages* when experiencing change: ***Looking Back***, ***Caught in the Middle***, and ***Looking ahead***. These stages are not sequential, and they may vary in length, but it is important to realize that change does impact our lives and to have strategies to deal with it more effectively.

Walmsley & Associates offers *Employee and Family Assistance Programs (EFAP)* for individuals, couples & families who may experience difficult times or a sudden crisis. **EFAP’S** are highly *confidential, professional and voluntary*.

For more info, please visit our website: www.walmsley.ca

- **Looking Back**

Looking back can be a time when you grieve for what has been lost in the transition. Feelings such as shock, longing, anger, sadness, and fear may be some of the emotions you experience. No matter what the feeling or emotion, it is always helpful to try and express what is going on for yourself.

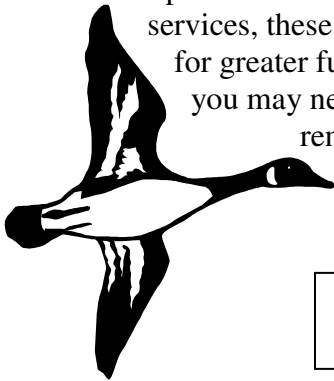
- **Caught in the Middle**

This is a time when the initial shock of the change has passed, but now there is an uncertainty of things to come. Emotions and feelings like loneliness, helplessness, and frustration may occur. This is a time to reflect and take stock of what you have now, and where you need to be channeling your skills and energy.

- **Looking Ahead**

This is where energy, hopefulness, nervousness, and excitement spring up. We are now in a position to look at the opportunities that have emerged and take new risks. A new life experience is ahead, and with some assistance from those around you or from our services, these events can be a turning point in your life and create a foundation for greater fulfillment in the future! All types of change required flexibility, so you may need some coping techniques. During these times, it is important to remember that self care and a daily stress reduction plan is the key to mastering change and experiencing success.

Ideas adapted from: www.wmbridges.com



You must be the change you wish to see in the world
~**Mahatma Gandhi**

How to Calm Down in Under a Minute

Diaphragmatic breathing is a technique that you can use to relax very quickly.

Here's How:

>Breathe in through your nose on a slow count of three.

>Push your stomach out as you breathe in.

>Breathe out through your mouth on a slow count of six.

>Repeat two more times.

Tip:

>Practice 3 x a day.

FYI, browse the following websites:

- www.ccohs.ca (“ psychosocial issues”)
- www.cmha.ca (“stress”)