

Transitioning: Do you embrace the thought or do you try to resist it?

To transition is to change. In all life's experiences we are continuously facing change and the challenges that accompany it. How we accept and deal with these challenges will have a huge impact on how we feel about the transitions we are facing.

We may think we have an idea of what this change may look like. However, until we have answers to our questions and have had the opportunity to consider the impacts of the change, it usually causes stress for most people. Many people fear change and question why change is necessary. While other people embrace change, and through this develop resiliency.

When faced with a transition, we may choose to ignore it or run from it. This in the end may limit some people in experiencing some of life's greatest moments. In moving ahead with transitioning from the known environment or situation to accepting the challenge of the unknown; we can develop new friendships, experience new opportunities and find ourselves in surroundings that push us to reach our full potential.

What can be done to help with the fear of change? Get involved with people who are familiar with the unknown situation you are dealing with. Ask questions and find answers. Develop new friendships by connecting with peers and others who are experiencing the same situation you are. Get to know who you can call for assistance and guidance. The change may involve an environmental area you are not familiar with. Visit this area with someone who knows the environment and can direct you and answer your questions.

As you allow yourself to adapt to the change that is before you, you will grow and develop a higher level of understanding. Soon you will no longer feel unsure or fearful of the transition, but will be excited by the change. In the end you will ask yourself why you were so fearful to begin with.

We all go through many transitions in our lives at one time or another. Being supportive and encouraging to another person(s) may be the best gift you can give someone who is facing the unknown. Encourage those to embrace this experience and challenge it. It will be rewarding as time goes on.

Submitted by,
The Board of Trustees
Beautiful Plains S.D.