

Good morning and happy Monday team!

I hope you all had a great weekend and have enjoyed this weather. Hopefully, the weather is a positive transition that we can all enjoy. However, some transitions can be difficult. Moving from one task, event, or mindset to another can be tough, and yet, as educators we're tasked with this challenge all of the time.

This week we are going to engage in **the intentional practice of learning how to manage transitions.** Begin thinking about the transitions that you go through during your day. Be mindful of each transition throughout the day.

This week's invitation:

1. Consider your typical transitions:

Do something about your transitions.

Write down what your typical daily and weekly transitions are.

Going to work and coming home will likely show up on your list.

What about transitions while at work?

2. Reflect on transitions, extend understanding, and respond:

Which transitions are hardest for you, and what do you think makes them so hard?

Do you ever carry over any negative energy from one activity to the next?

Do you ever feel depleted but still plow into your next activity without a break, even though you know you should take a breather?

3. Extend response to transitions:

Sometimes a simple awareness of cause and effect **can help you reduce stress from a transition,** and sometimes you need to add meaningful steps to your routine to keep calm.

- Close your eyes for one or two minutes
- Repeat the word release in your mind over and over. As you do this, command your body to let go by relaxing your body.
- Set an intention. How do you want to feel? What do you want to accomplish in the next activity?

"Transitions in life can offer opportunities for discovery."

- Robbie Shell

Maggie Beshears, LPC
Behavioral Health Therapist
UACCB/White River Medical Center
Office Phone: 870-612-2035
Pronouns: she/her/hers
For an Emergency, Call 911 or the National Suicide Hotline: 1-800-273-8255