

“Life events” are significant occurrences in a person’s life that often bring about change. These events can be positive or negative and can impact various aspects of our lives, including emotional well-being, relationships and personal development.

The way you respond to these changes will depend on your resilience, support systems and coping strategies.

What did you learn about yourself? How did these changes make you stronger?

#1. Marriage

#2. Divorce

#3. Childbirth

#4. Starting a job or losing a job

#5. Moving

#6. Health issues

#7. Loss of a loved one

#8. Chronic illness and/or pain

#9. Retirement

#10. Natural disasters

#11. Climate change

#12. Political changes

Rain Meditation

A stress management strategy to cope with change.

Recognize.....what is happening

Allow.....it to be, no judging, no fixing

Investigate.....sense what is needed (forgiveness, acceptance, understanding)

Nurture.....self care, it's okay to have feelings of vulnerability