



## REFLECTION QUESTIONS

- When you think of "change" what stories come to mind? What emotions follow?
- How do you typically approach change in your life?
- What are some of the biggest changes you have experienced recently?
  - As a family?
  - Personally?
- Why can change be so hard to navigate? What causes you to resist?
- What are some things (habits, ways of thinking, help) that support you in navigating change?
- How have you seen change be navigated gracefully in the past? Or perhaps by others around you that you admire?

# NAVIGATING CHANGE

## RESOURCES & REFLECTIVE GUIDES

Sometimes seasons of change can last entire seasons of our lives and it can be exhausting to navigate all of the new input we have to process. How can we experience a sense of normalcy even through change? A sense of calm, purpose, and even hope?

Here are a few ways that you can conceptualize walking through seasons of change:



Change, though it can be incredibly hard, can also bring about unexpected change. What new way forward are you looking for?



## REFLECTION QUESTIONS

- What is the narrative you have created around change?
- How do you make the most of where you are today?
- Take pen to paper and answer the questions for each step.

# FIVE STEPS OF EMBRACING CHANGE

When we are faced with a difficult change, it can leave us feeling lost, hopeless, and completely out of control. How can we lean into the unknown? How can we embrace the change in our lives and handle the transition in the most healthy way?

Use the below cycle to carefully work through the five steps of how you can embrace the change you are facing today.





## REFLECTION QUESTIONS

- If life was to feel like a river right now for you, what kind of river does it feel like?
  - Talk about different parts of the river (rapids, peaceful spots, etc.) and talk about real life examples when it has felt that way.
- What do you need in your canoe to help you make your way down the river?



# THE RIVER OF CHANGE

"It is how we embrace uncertainty in our lives that leads to the great transformations of our souls."

-Brandon Trean

On this river of change we find ourselves on through grief of a diagnosis or loss, we aren't quite sure how the river bends or the rapids ahead. But we can think through the essentials we need in our canoe to help us navigate it all.



### 1- STAY IN YOUR CANOE

This river takes a lot out of you. It's hard. It's laborious. As you stay in your canoe (aka: focus on what is in your control) and embrace (rather than resist) how this river, though unpredictable, will strengthen and transform you, you will better be able to navigate the waters ahead.

What is within your canoe/circle of control today?

WHO is in your canoe with you?



### 2- BE ON WATCH

Though there can be rapids, rocks, and waterfalls in the river, there also can be peaceful, surprisingly delightful parts as well. Be on the lookout for what gifts your river might also bring.

What can you embrace?

What can you let go of?



### 3- KEEP PADDLING

You can't navigate the waters ahead if you always keep looking back and bargaining. Grieve the change, grieve the loss, AND also keep paddling.

What helps you keep going?



## REFLECTION QUESTIONS

- What are feelings/emotions you have felt before?
- When you look at the jar filled with different emotions and changes we have faced, what do you think about?
  - What main color/emotions do you notice?
  - What do you need when you face change? How can we help each other?
- How have you seen yourself be brave when we have navigated this change?
  - How has our family grown?
- What have you appreciated about our family as we have gone through change together?

# FAMILY ACTIVITY: CHANGE JAR

You might have a change jar filled with coins in your home, but this "change jar" activity is just a bit different but can still represent all the precious moments you are storing up in your life. After family dinner or on a slow Saturday morning, gather a few of the materials to engage in a family conversation about how each of you can navigate and embrace change together!

### MATERIALS:



Empty jar



Colored pom pom balls



Paper/pencil and permanent marker

### DIRECTIONS:

STEP 1- Create a "legend" on paper to write out what emotion each colored pom pom represents. (For example: Yellow = Happy, Sad = Blue, etc.)

STEP 2- Using the empty jar and permanent marker, write on the outside different ways you have experienced change as a family (For example: the pandemic, a new diagnosis or loss, a new school year, etc.).

STEP 3- For each situation of change you have faced together, have each family member choose the different pom pom colors they have felt when facing that change (it could be many colors, maybe many of the same color, etc.). Add them to the jar and repeat with each situation of change. Take time to use the reflect together using the questions in the "Reflection Question" box.