

## Letting go...

Adaptation is one of humanity's greatest traits. The ability to adjust to different environments, unexpected changes, people and circumstances is important for your personal growth and success.

As humans, we are remarkably adaptable. Being willing and able to adapt your behavior increases your ability to communicate and build relationships.

If you are not willing to listen to others' points of view, you will be limited in your thinking. You have to be receptive to new ways of doing things. There is so much to learn from every person you meet! The benefits of exposing yourself to multiple perspectives and new experiences are vast.

Adaptability is living in the moment, embracing the future instead of dwelling in the past. Things that were popular yesterday, may not be feasible today. To adapt to something new, you must forego the old.

Being adaptable means being resilient. Once you realize you have all it takes to change, you will unlocked a happier "YOU". Stretch out of that comfort zone and discover capabilities hidden within you:

- People who are adaptable excel as leaders.
- Be flexible. Embrace the opportunity to adopt new approaches.
- Minor tweaks will turn the ordinary into the extra-ordinary. Think about what skills you need to acquire. Invest time each week developing those skills.
- Try not to get offended or frustrated. Engaging in positive self-talk is the single greatest habit you can learn for yourself.
- Maintain a good attitude. Be optimistic and make the best of it.

Transitions are stressful, so make sure you take care of yourself. Get plenty of rest, eat well and exercise. Exercise helps you increase your energy and feel positive.

See it as a fresh start. Give yourself time to adjust to change, all the while reminding yourself that the best may be yet to come.

EASE has counselors, if you want to talk 800/882-1341.

***"Strength is the courage...to reach out!"***

