

# Both Ends Of The Lead Dealing With Change





To live a more harmonious life, it is important that we accept change.

Change is the only constant in the world. Have you noticed that we only suffer when we do not accept change, and things are not the way we would like them to be? More often than not, people tend to accept the changes they like and reject the changes they dislike unsurprisingly. Think back to a specific instance recently or in your past where your responsibilities at work have changed, for example. Did you wholly embrace the changes in your new role that you liked, and resisted the changes you did not like?



### **Adapt**

The reality is that we do not have any choice but to adapt to the continuous flow of changes that occur in our life and circumstances. To the extent that we resist those changes, we will suffer accordingly.

The key for us is to respond appropriately to whatever shows up for us in our daily life. This helps us deal with the changes and live a happier healthier life.



What I mean by this is that it is important to have an understanding there is a natural flow to the nature of change. The reality is that many of the things or people in our life that are important to us are impermanent, as hard as this is for us to accept.

### **Accept**

It is about realising and accepting that everything that is born will eventually die and everything that has a start also has to have an end. If you apply these principles to people, your personal relationships, and your job, you will see it applies right across the board without exception.



### **Effect Of Others**

To help find the root of our challenges with adapting to change, its often helpful to be aware of the influences other people have had on us throughout our life. This often can start early for us when we are just children, and we often carry these right through our adult life too, whether we are aware of it or not.

Have you ever wondered why often we repeat patterns of behaviour that we have seen in our parents or people closest to us?

A helpful exercise is to look at the people around you, look at their behaviours and ability to deal with change and see whether any of that is mirrored in you. This can be a useful starting point for you and let's be honest, it can often be quite confronting.

The acceptance of life's changes is one of the key steps in breaking the cycle and helping you live a happier life. Sometimes it can seem too hard and it's easier to bury your head in the sand and not accept the changes, but the reality is where ever you look, the changes are still there.



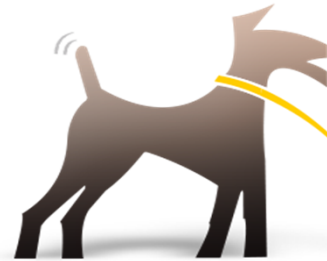
Here is a short process that may help you accept the changes in your life.

- **Be inwardly honest with yourself** - Accept the facts of the situation, as they represent “what is”. This will not change. A non-fact represents a fantasy as by definition, it is not real.
- **Do not take it personally when change occurs** – When there are changes in events outside of your self, do not buy into them and waste your energy. If you could do nothing about these external disturbances or changes, then what choice do you have but to accept them?
- **Apply effort** – It can often take some effort, persistence, and courage to be able to deal with some of life’s changes. So make the commitment to yourself and follow through.



- **Acceptance** – This is the final part of the process. Once you have completed the above steps, this step is passive. You then accept the change without judgement of it being right or wrong, good or bad, fair or unfair. In life, it's the judgements we attach to the changes which is the biggest obstacle to acceptance.

# About



## BOTH ENDS OF THE LEAD

holistic wellbeing for dogs... and their owners!

We are a unique business offering a range of health and wellbeing services for owner and dog. Our purpose is to help dog and owner live, play and function at their optimal health level.

We are passionate about giving you the information and tools to help you take the best care possible of yourself and your dog.

### What we do for Dogs -

- Muscle Function Therapy
- Stretching, Mobilisation, Conditioning & Rehabilitation
- Laser Therapy/Laser Acupuncture
- Thermal Therapy
- Exercise and lifestyle advice for your dog

### What we do for You -

- Corrective Exercise and Improve Posture Programs
- Performance and Career Coaching Services
- A range of Body Work modalities to help address musculo-skeletal aches and pains
- A comprehensive on-line wellbeing program



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