



# SHANE LYNCH PSYCHOLOGY

## One Year and counting!

It's been one year since I started writing these newsletters. I hope you've enjoyed reading them as much as I've enjoyed writing them!

## New Habits...

Here's a reminder about building new habits into your routines: Put the new habit next to an existing habit that occurs at a particular time for a particular reason. This will help ground the new habit with an existing one that is well-established.

## About Shane

This fall is going to be a big transition for the Lynches this year.

Our eldest son starts grade 1 (full day of school), our middle son starts pre-school (2 half days each week), and our littlest boy will be 2 years old! Thank you in advance for your well-wishes as we navigate this busy transition into a changing fall!



## Navigating Life's Transitions

As we near the end of August we ready ourselves for the transition back to our fall schedule. The fall quarter is different at work, at school, and at play.

We experience many transitions in our lives, not just through the seasons, but also different periods during the work year, moving from job to job, grade to grade, relationship to relationship, from working to retirement and so on.

Years ago I read a book called "Transitions" by William Bridges. I went looking for it in my home library to no avail. I either lent it to a client or family member, or lost it during one of my own life transitions.

One of the most poignant ideas Bridges speaks about that he argues is common to all transitions is the concept of *upheaval*.

Whether a transition is planned or unplanned, personal (e.g., single to partnered), professional (e.g., one job to another; one



## Tips for Dads & Moms

Transitioning kids! Parents know transitions are hard for most if not all children. What I often hear when out with my kids at the park or some other kid-friendly environment is the time warning (e.g., "10 more minutes, kiddos"). These are usually great, but don't always work 100% of the time.

When you've done the warnings and they still don't respond well, I suggest getting down to your kid's level and calmly and confidently check-in.

"I know a part of you really wants to stay and play longer. We had so much fun this morning and I bet you'd really like to come back and play again. I also know it's time for us to leave. Come on, let's go. You can do it."

Be calm. Be confident. Lead on.



Shane F. Lynch, MA, CCC, R.Psych

career to another), temporal (e.g., employed to retired), and/or role (e.g., husband to father, mother to grandmother), inevitably you will experience some upheaval.

It's often how you navigate the upheaval that will best determine how quickly you adapt to the changing landscape.

Companies, for example, spend huge sums of money on what they're calling "change management" and while I'd say they have the right idea, most of them and those they hire to assist them don't really have many good ideas about how to support people through transitions. Usually this is because management believing the transition to be the "right move" for the "right reasons", underestimates the complexity and impact, or does not sufficiently engage and consult with those who must navigate the impending transition brought about by the change.

In therapy, clients discuss transitions often. They usually don't call it a transition, but they definitely notice the upheaval surrounding it.

Whether at work or in our personal lives, transitions may be thought of in more of a systematic way. For example, therapeutically, one would do well to notice what parts of them are involved in the transition. Is there a critical voice, a scared voice, or perhaps even an impatient cheerleader yelling at us to "get on with it already!" (The latter would be called an "early adopter" in the change management language.) The problem with jumping into the fray with high kicks and pom-poms is all parts need to be heard, acknowledged, appreciated, and provided an opportunity to share their concerns.

When your next life transition is at your door, invite it in and introduce it to the parts of you that are concerned, that are relieved, that are excited, and that are reluctant. Your awareness of these responses to the transition is your best bet for the successful navigation of any transition either of your own making or one out of your control.

Remember: If we can address our whole inner system by connecting with compassion and calm, we gain the clarity and creativity to best navigate the transition with courage and confidence.