

Ways to Thrive in Everyday Life

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People who handle transitions more easily are those individuals who have certain characteristics in everyday life. Marcia Perkins-Reed in her book “Thriving in Transition” calls people who handle transitions (and life) well “Thrivers.”

So, how does one become a “Thriver”? Here are some of my own suggestions:

- ⇒ Spend time on your spiritual life. That does not necessarily mean going to church, although it may really help (and so could reading God’s word). Spirituality can also include spending time in nature or spending time alone in prayer and/or meditation.
- ⇒ Learn to tune in to what is going on inside yourself. Be fully present and listen for “the still, small voice.” The only way to really do that is to spend some time alone being introspective. Ask yourself some questions, such as “What do I really want from life?” and “What makes me happy?”
- ⇒ Surround yourself with people who care about you. If you can’t be near them physically, call or e-mail friends and family.
- ⇒ Allow yourself permission to experience your feelings. No one can tell you the right way or the wrong way to feel. Your feelings are part of you—feel them and then move on. Keeping distracted so that you can’t feel your feelings doesn’t usually work—sometimes your feelings will come back even more strongly. For instance, concerning mourning the loss of a loved one, if you suppress your feelings of grief and don’t feel those feelings and let them run their course, they may come back stronger later. My husband, who lost his first wife to cancer, gave me that example. So, go ahead and feel, experience the discomfort, and move forward.
- ⇒ Find ways to incorporate humor in your life. Have a good laugh, even if it means renting a funny movie. Laugh with friends if you can.
- ⇒ Work towards finding your life purpose. There are exercises that can help you in this area. In my profession as a life coach, I provide my clients with the method that I believe is the most effective.
- ⇒ One of the most important things you can do for yourself and others in your life to achieve balance and to manage stress is to take care of yourself. In our fast-paced society, taking time for self-care is often put on the back burner, and yet it’s so important in dealing with stress and simply getting through everyday life.

Don’t just live—thrive!!!