



Building Adaptability: Letting Go

This month we're focusing on building adaptability. We know that change can be hard. This is especially true when we are under stress or overwhelmed. The self-care strategies we've introduced in September and October's resources offer a variety of tools to help us manage stress, which will ultimately contribute to our ability to adapt or "go with the flow."

We may also be holding onto specific sources of stress, that drain us and inhibit our adaptability. These may be painful memories, resentments, desire for control or anxieties about the future. The following exercise is designed to help us identify and let go of some of those burdens we may be shouldering unnecessarily.

What am I holding on to?	Category (Past, Present, Future)	How will I feel to let it go?

If there's something specific you'd like to let go of the following practices might help:

- **Journaling:** Cultivate a safe and contained space to explore your feelings and move forward. Consider what control you have in this moment, and what you can release.
- **Invite Gratitude:** Challenge yourself to find ways to practice gratitude, especially in a challenging situation.
- **Symbolically Let Go:** Write down what weighs you down, rip it up and flush it down the toilet or toss it in the fire (if you have a fireplace!). Sometimes this metaphoric practice can be very empowering.
- **Physically Let Go:** A short yoga practice or guided body scan can help us release physical tension we may be carrying