

TRANSITIONS

Sustaining Social Change

there is no beginning without an end
what is over? what isn't?
what can I let go?
chaos reigns

Rituals to Create Order

When your life seems unsettled because of a change, establishing a few routines can keep you centered. Checking in with a friend every evening, writing in a journal before you go to bed, or taking morning walks are all ways to create a little structure in your days. Completing these regular tasks can also give you a sense of accomplishment when you are feeling stuck.

One young woman in a Transitions seminar for youth in foster care found daily reading and reflection helped her through the Neutral Zone: "I'm reading a book called *Path Finder: Real Life and Real Direction*. When I finish reading a passage, I write a progress note in my diary, so when I am feeling down I can look back and smile because I can see how much I have grown over the months." - Erica Harrigan, participant in the Youth Communications Transitions Workshop.

Think about some things that you enjoy doing or that would be helpful to do regularly. Jot down some ideas in the space below: