

Aging Well Newsletter

Lutheran Counseling Services



Transitions

In June we are focussing on transitions. Transitions happen in many aspects of life and are always connected to change. Moving from one residence to another, retiring, health changes, and personal loss are all common transitions we deal with. Sometimes these transitions can be joyful and easy to experience, and sometimes they can come with new struggles and challenges. One thing that can accompany transition is growth. As we move through these changes, we have an opportunity to learn and develop new skills to face our new realities.

The world around us has experienced many transitions over the past 2 years, so you may be feeling that you are carrying a little extra weight on your shoulders. Make June the month to check in with yourself. How are you feeling? How are you coping with the transitions in your life? No matter what transitions you are facing in this season, you do not have to face them alone.

“Transitions are almost always signs of growth, but they can bring feelings of loss. To get somewhere new, we may have to leave somewhere else behind.” - Fred Rogers

Services to help!

LCS is currently offering an on-call service Monday-Thursday from 9am-5pm. The on-call service offers free 15 minute consultations with a therapist at (407) 644-4692 ext. 5. LCS has created video resources for our older-adult program on our website. We have guided meditation videos, self-care tips, and at home recreational therapy activities, in addition to other awesome resources. Go to <https://lcsfl.com/lcs-response-to-covid-19/page.html> or ‘like’ us on Facebook to see these resources. We are always here and happy to help however we can.

Lutheran Counseling Services, Inc. is a non-profit organization. To support our mission to make mental health support more accessible, go to:
<https://lcsfl.com/how-to-help/>

AGING WELL

TRY THIS TIP!

It is easy to feel overwhelmed when change is happening:

- Make a list of things that are in your control and things that are out of your control
- Focus on the things in your control
- Make a list of small, manageable tasks to work on the things you can control
- If you begin to feel overwhelmed, take a break and try again when you feel up for it.

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