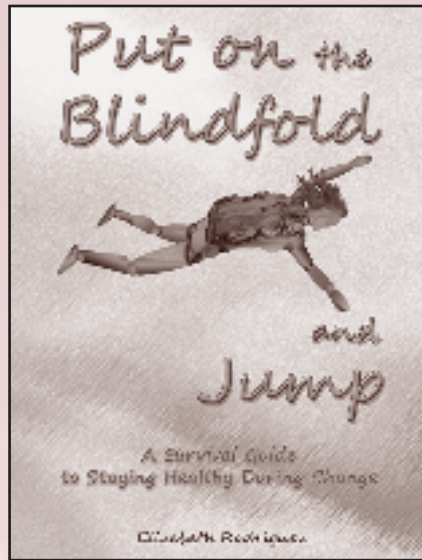


PUT ON THE BLINDFOLD AND JUMP: A SURVIVAL GUIDE TO STAYING HEALTHY DURING CHANGE

by Elizabeth Rodriguez

Everything Will Be Okay

Take a deep breath. Exhale. Tell yourself you're awesome and truly believe it. This is going to be a new adventure and you have to be ready, mentally and physically. You never think that everything will be okay when you are going through your own personal living hell, especially when it looks like changes have come in and knocked you on your rear end. The crying doesn't stop, you're trying your best to be strong, the anger consumes and the blaming goes on and on. The feeling of failure, or "what could I have done differently?" repeats daily in your mind and makes you feel powerless. But you will be okay and become the most powerful person because of the changes that occurred in your life. This is a test of resilience.



deep sorrow, but besides that, I realized I was going to have to challenge myself to make decisions, hoping they were the correct ones, and then seeing how they played out. Needless to say, I was petrified! It was during my health issue and my work with my clients that I made notes on the essential elements needed to break the fall. You have a choice on your outlook and how you want to adapt to change. You have to trust, be brave and take risks. I was lacking these key components when I fell into these drastic transitions. Have a positive mindset. Feel the grip of fear and embrace it. Listen, trust yourself and your actions and move forward anyway. This is the direction you want to take, and it takes courage.

It Is A Time To Grow

If things stayed the same then that also means there is no room for growth. We stay monotonous, complacent. Believe me, I know exactly what it means to want life to be comfortable and without drama. That could be good for a little while, but eventually, Spirit, which to me means a higher power or divine source, shows you things have to evolve in order for you to achieve true happiness and be whole. There are new lessons that need to be learned, new people to meet, new opportunities to experience and they are all for you, all for your growth and potential.

Happiness Is On Its Way

The only thing we can do at this very moment is confidently affirm that transitions, even if they are extremely difficult, will lead to a better life. It may take awhile, even years, but you will get to a place of happiness. You have to repeat daily that you will receive the happiness and peace you desire. While you are working to achieve balance, you will take each day to see happiness in the little things.

You Have To Put On The Blindfold And Jump

Put on the blindfold and jump is the expression I use to describe difficult transitions. When you are confronted with them you are embarking on a new journey where you can't see the road ahead, but you have to blindly move forward anyway. It feels like you are blind, because you are unsure. You don't know where you are going to land, or if you'll be okay and consequently, you feel fear. The fear is so palpable because you are facing some new experiences that may push you out of your comfort zone. During my turmoil and move from Spain, I felt

Make Yourself A Priority

Even when the situation seems to be out of control, there are some things you can still do. This is not a time to forget about yourself and your needs. It's time to treat your precious self gently.

In my book, I have put together some essential tools to guide you on your journey through these shifts. These are tools I have found have worked not only in my life, but also in the lives of many women I have worked with as a Pilates trainer and health coach. By implementing these healthy tips, my clients not only went through these challenges easier, but also found themselves happier and healthier instead of tired, sick, sad and burnt out. I have to mention all of my clients have had different ways of dealing with change, but everything they did to survive points to one of these tools. They will help get your life going in a positive direction and they will eventually become part of your lifestyle. What happens is, when we are going through rocky times, we don't take care of our bodies the way we should. Learning from experience, health is everything. When you don't have good health, it is very limiting in so many ways.

Bio: Elizabeth Rodríguez, author of *Put On The Blindfold And Jump: A Survival Guide To Staying Healthy During Change*, is a ninth generation Tejana—born and raised in San Antonio along with nine other creative siblings, which include her brother, film director Robert Rodríguez, and her sister, singer/songwriter Patricia Vonne. She is a Certified Health and Lifestyle Coach and Certified Pilates Trainer since 2005. Her book is available on Amazon.com and at www.elizabethrodriguezwellness.com.