

Bloom

Hope...for the uprooted woman

A Ministry of Just Moved

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Life Change and the Whirlwind of Emotion

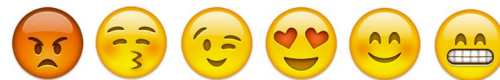
Pixar's movie, "Inside Out", is a clever and surprisingly sophisticated look into the world of emotions. We see inside 11-year-old Riley's brain as joy, sadness, fear, anger, and disgust take her on a roller coaster of emotions following the family's move from Minnesota to San Francisco.

Up to this point in Riley's life, Joy has been running the show. Riley's been a happy kid in a loving family. But being uprooted from her home stirs up strong emotions of sadness, fear, and anger. What to do with these emotions? Mom and Dad want her to continue to be happy. After all, that will be good emotional support for Dad in his stressful new business venture. Riley is torn.

True to Pixar's track record, the movie is entertaining, poignant, and insightful. Kids and adults will leave the theater knowing that there's nothing wrong or different about them when they feel fear, disgust, anger, sadness, or even joy. Even more important, they may be more open to accepting sadness as a good and necessary part of life.

In this issue of Bloom we'll look further into the world of emotions as they relate to a move or other life change. Throughout, we'll turn to Susan Miller's books as important resources.

Tell me how you're feeling . . .



Susan Miller addresses many of the emotions that you and your kids may experience when the family moves or goes through a major life change. Can you find yourself or members of your family in this list?

Anger. Are you harboring anger because you didn't want this change?

Bitterness. Do you feel bitter because this change has caused other major changes in your life?

Comparison. Do you find yourself comparing your old, familiar way of life to life as it is now?

Fear. Do you fear the unknown?

Anxiety. Are you anxious about the future? Wonder if life will ever feel normal again?

Disappointment. Are things not working out as you'd hoped?

Grief. Are you grieving over all your losses?

Loss of Identity. Has your self-esteem taken a nose-dive? Have you gotten lost in the shuffle?

Depression. Is everything overwhelming and you'd rather stay in bed than face the day?

Expectations. Were you expecting an easier transition? For plans to run more smoothly?

Inadequacy. Do you feel like you just don't have what it takes anymore—personally or professionally?

Hurt. Do the tears come when you think of the life, the family, the friends, or places you left behind? Perhaps there was a severed relationship and the issue has not been resolved.*

What feelings and emotions are keeping you from starting over and going forward after a move or other life change? This is the best time to identify them one by one, acknowledge the effect they're having on you and your family, and make the choice to begin to release them.

*Adapted from *After the Boxes are Unpacked* by Susan Miller.

What Do I Do With These Emotions?



Allow space for you and your kids to process the changes. Below are some key things you will want to remember that will help pave the way. Use this list from Susan Miller's book, *But Mom, I Don't Want to Move!*, to get you started in guiding your kids through their emotions, then share it with your spouse, or someone close to you, to open the door to communication about what's going on in your mind, heart, and spirit.

- Provide an atmosphere of safety and freedom to express feelings openly.
- Get in the trenches with your kids. Share some of the feelings you had when you moved as a child. This lets them know they are not alone in their feelings.
- Give your kids and yourself permission to feel angry or sad.
- Listen, listen, listen – with your heart, with your eyes, and in between the lines of conversation.
- Let the tears flow. They can be healing and cleansing for emotions.
- Keep communication open by encouraging everyone to talk during times of emotional stress points. Work at getting it all out on the table to better understand who, what, and why.
- Comfort your child. Allow yourself to be comforted. It can restore calm and soothe the emotions.
- Don't forget the value of touch. A hug can speak a thousand words. Holding each other can break down emotional walls. (At the end of the movie, we witnessed a touching moment as Riley's anxious tension melted in the arms of her parents.)
- Remember, your children are watching how you respond to the situation. For the most part, they will take your lead emotionally.
- Everyone in the family needs to feel understood and supported when they express their feelings.
- Don't judge or criticize when anyone shares their emotions.
- Remind yourself and your children that these feelings are normal. Acknowledge that grieving is part of the healing process.
- Give lots of unconditional love and acceptance.

Do Men Feel Less Emotion Than Women? by Ann Kelley

A study was conducted last year to help determine just that. Neurologists hooked up men and women with skin conductance electrodes and sat them down at a computer to watch various videos. The electrodes would measure their physiological response to what they were watching. The videos fell into one of four categories: blissful, funny, exciting and heart-warming.

The men actually scored higher in terms of their physiological responses – especially when viewing a heart-warming video (the reaction was twice as strong in this category as that of the women).

Even though men scored higher in physiological response, they reported feeling much less emotion than the women did.

The researchers concluded, "This study suggests that men feel emotion just as much as women, sometimes more strongly, but are less willing to express these emotions openly due to expectations put on them by society."

While this study may not be the last word on this, it's worth keeping in mind that the men in our lives may be feeling as much, if not more, emotion than we are. Let this bit of information lead you to a deeper understanding and a loving conversation about emotion!

"Father's Day 2014: Study shows men are more emotionally sensitive than women – they're just also better at hiding it", by Adam Withnall, 13 JUNE 2014, <http://www.independent.co.uk>



"I'm naked and afraid. ... Any enormous uprooting change in my life has petrified me – really petrified me – but once I've come through the other side, the reward has been unimaginable."

- David Letterman, on his reaction to retiring from The Late Show

Facing Emotional Giants—You're Not Alone

In *After the Boxes are Unpacked*, Susan Miller turns to the story of David and Goliath (I Samuel 17) to talk about the heavy burden that emotions can be. David was urged by the king to wear cumbersome armor and carry heavy weapons to confront Goliath, the giant in his life. He tried to go along with this idea, but could hardly move for all the weight! Once he removed the man-made protection and "left his baggage in the care of the baggage keeper," he was able to have victory over a huge enemy.

Do your emotions seem like unstoppable, huge enemies? Instead of "Goliath", their names might be found in the list on page one. Are you loaded down with the weight of fighting your giants alone? Take off the heavy armor. Set down your heavy load. "Leave it all in the care of your personal Baggage Keeper—Jesus Christ. He is the One who can carry all your 'stuff.' Nothing is too heavy for Him," writes Susan. "Lay it all down at the feet of Jesus. **Daily let it go. Daily remind yourself that you are not going to fight this battle alone.** It's so easy to pick your baggage back up, in your own strength, and try to handle or manage life all by yourself."

But David did more than lay down his load. **He took action** by gathering five stones. You can too. Take action by doing what you can about your situation. Read Margaret's story below.

Every major life change will create strong emotions. You will face emotional giants daily. It's critical to recognize and acknowledge what the "giant" emotions are, come face to face with them, and process them with trusted family or friends.
- Susan Miller

Are You Feeding Your Feelings or Your Faith?

By Susan Miller

Margaret was miserable. She and her family moved from Virginia to Iowa and, after six months, she still hadn't adjusted. She harbored great anger and bitterness toward her husband for moving them to Iowa.

Her marriage was drifting apart. She resented Sam for being so busy with his new job. They no longer had any quality time alone. Free time went to the children and their activities. Margaret and Sam lived in separate worlds and the distance between them was growing. Her anger, bitterness, and resentment were keeping her from starting over and moving forward with her life.

But, Margaret had not told Sam how she was feeling and the longer she kept her emotions inside, the more hardened she became.

I led her through the story of David confronting Goliath. "You can leave all this emotional baggage, all these giants that cast a shadow over your life, at the feet of Jesus," I told Margaret. "Then pick up your stones and take action! Go out to dinner, go for a walk, go on a picnic – anything to allow you to talk to Sam and start sharing your feelings."

Margaret met Sam for lunch and they began a once-a-week-set-aside-time-to-talk date. Sam began to understand the emotional needs of his wife and why he had been feeling so rejected by her. The rejection had caused him to work harder and longer.

The lunches have since become evenings out and the walls are coming down between them. As negative emotions arose, Margaret decided not to feed them, but to hand them over to Jesus. She also chose to focus on the positive rather than the negative in their new city. Margaret called me a few months later to say that, with time, a change of attitude, and a redirected focus on God, her life was changing and she was moving beyond her pain.





My Journey

Susan Miller created this insightful journal especially for the woman affected by a move. *My Journey* allows you to recognize and deal with the different emotions that often result from a move. This 52-week journal provides themed topics, uplifting scripture, thoughtful insights, challenges, prayers, and generous space for your personal writing.

The journal is a perfect companion to Susan Miller's bestseller, *After the Boxes are Unpacked*. Each week, you are guided through a series of key words that help give you direction through your week. Each week you'll find a Reminder (insight into the topic), Reveal (a prayer), Reflect (digging deeper), and Respond (a suggestion for journaling). At the close of each week, you will be challenged to: Release to God,

Refocus and take action, Rejoice in God and what he has done, and Rest in what God will do.

Soft cover, spiral-bound, 115-pages. \$15 + s&h. View sample pages at JustMovedShop.com.

Moving on after Moving in

Hope for the uprooted woman

If you have a heart for newcomers OR you are a newcomer and don't want to go through this transition alone, we make it easy to start a *Moving On After Moving In* study.

Whether there are 2 or 20 in the group, women grow closer to Jesus and to each other as a result of going through the study together.

The helpful staff at Just Moved will guide you every step of the way. You invite other newcomers you meet or are new to your church and we provide everything you need to get started! Military installations, through the Chapel or PWOC, can arrange to have study materials donated through our Operation Hope program. (Learn more at <http://just-moved.org/forthemover/resources-for-military-movers>. Or call 480.991.5268.)

There are two ways to offer this study: watch the DVDs as Susan Miller teaches a group of women and use the Facilitator's Guide to spark discussion OR choose a leader (or rotate leadership) and use our Leader's Manual. Contact Just Moved at 480.991.5268 or go to JustMoved.org to learn more.



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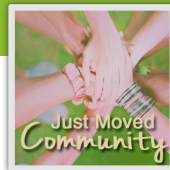
JustMoved.org

- New articles every month
- Weekly Words of Encouragement emails
- Order *After the Boxes are Unpacked*, a must-have
- Just Moved Online Community
- 30 days of prayer for you
- Pin your location on the Just Moved map

Join the Just Moved Community!

Joining is fast, easy, and FREE. Your information is never shared with any other organization and you can cancel at any time. Join today! Go to just-moved.org/community-2/register-for-the-just-moved-community. Here's what you'll receive:

- A free copy of our e-guide "5 Things Every Newcomer Needs to Know".
- A personal welcome from a Just Moved Ministry volunteer.
- Prayer support from the Just Moved Prayer Team.
- 20% off a one-time purchase in the Just Moved Shop at JustMoved.org. (Excludes materials for use in a *Moving On After Moving In* study.)
- Opportunity to connect by email if there are other JMC members in your area.



Bloom provides inspiration as you seek to grow and thrive during times of life change. Mailed to subscribers three times a year, it's FREE and easy to subscribe. Go to www.JustMoved.org and sign up online OR call Just Moved Ministry with your name and address, 480.991.5268.

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