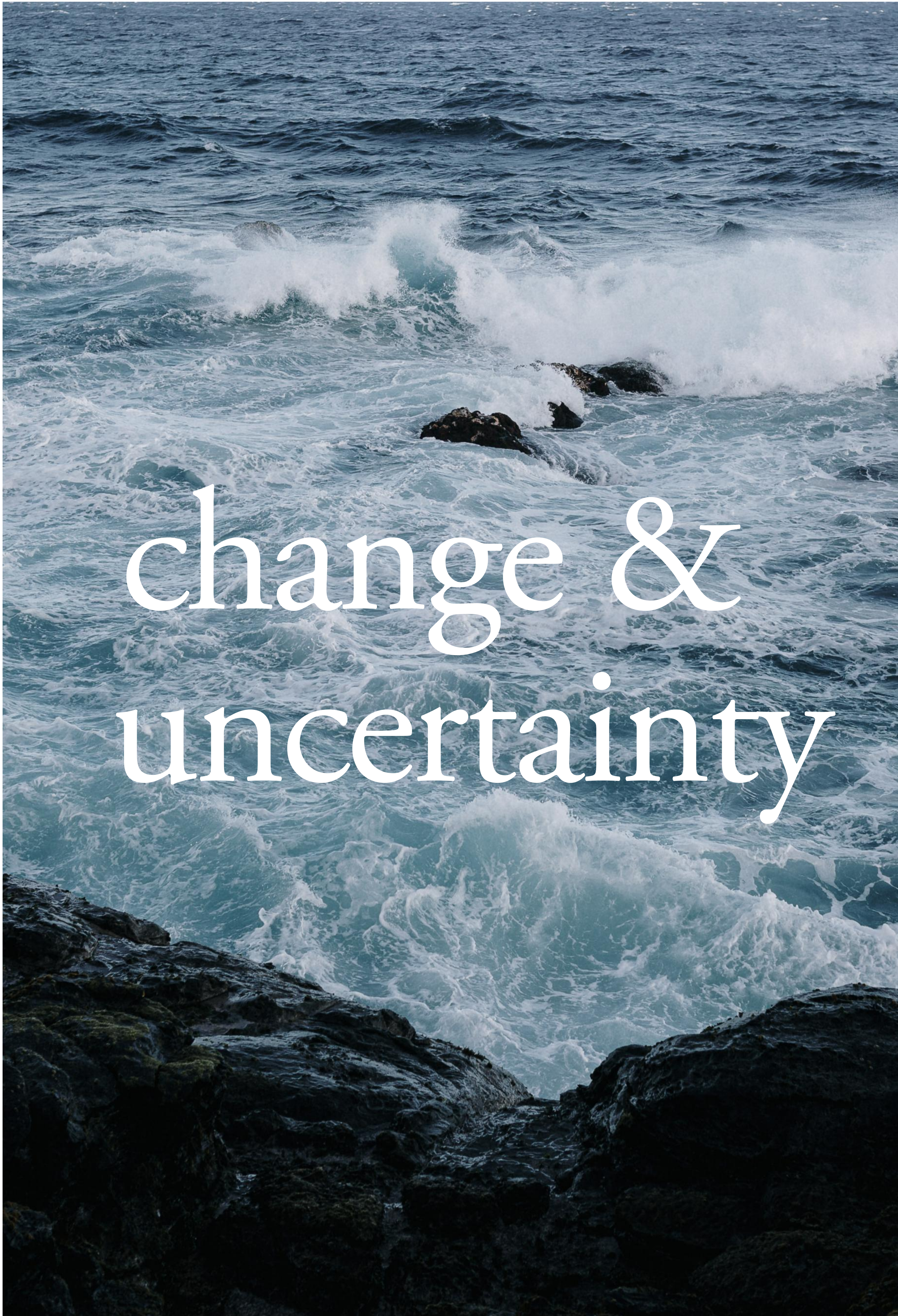


HOW TO DEAL WITH | E-BOOK



change & uncertainty

created by:

FARINA DEUTSCHMANN



„When we meet real tragedy in life, we can react in two ways - either by losing hope and falling into self-destructive habits, or by using the challenge to find our inner strength.“

- Dalai Lama

Welcome!

LET'S CHANGE YOUR PERSEPECTIVE



THE AUTHOR

Farina Deutschmann

Thank you so much for reading my e-book. I am looking forward to connecting with you, so please feel free to get in touch. I would appreciate it if you would share your experiences about how you are dealing with change and uncertainty and let me know what you were able to take away from this.

Lots of love,

Farina Deutschmann

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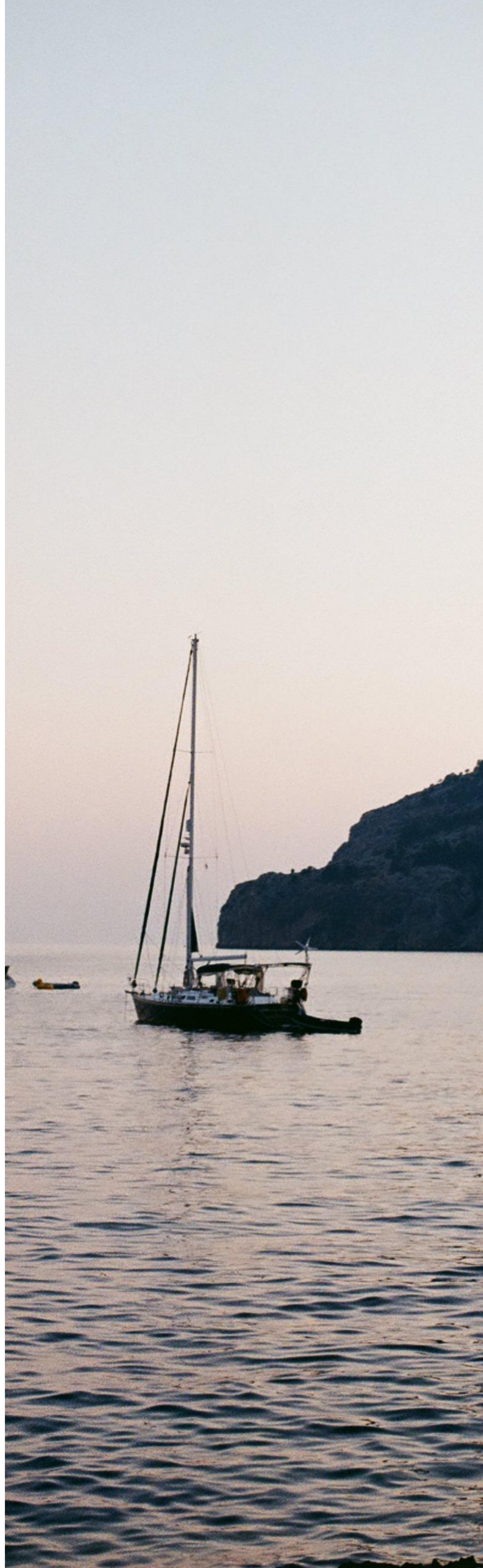
I N T R O D U C T I O N + D I S C L A I M E R

2020 has been a challenging year to all of us and we all probably had to face some kind of change. Our future has never been so uncertain. Our economic, social and physical safety has destabilised in a way we could have never imagined. Maybe you were or are overwhelmed and grieving the loss of what you had, as well as the future you had hoped and planned for? In situations like this it can be

tough to find peace, to find direction or to have hope and trust for the future. I have created this e-book for you, to do just that. Not only during a world crisis, but for any kind of change that you might be facing in your life. No matter if you are facing a new chapter in life, if you are going through a break up, got a new job, moved to a new city or even if you are dealing with the loss of a loved one.

DISCLAIMER

My purpose with this e-book is to provide information from my personal experiences and research in order to inspire you to implement some positive changes in your life. I am not a psychologist or health care professional and my e-book does not replace any form of therapy. Please get in touch with a professional psychologist or health care provider if you are in need of immediate support.



change

STAGES OF CHANGE

First of all I would like to introduce the different stages, based on the Kübler-Ross Grief Cycle, that happen during a process of change. The development and timeframe of each stage can be different for everyone, no matter if the change was expected or not. It is not a linear model that feels the same to everybody. The whole process can be lived through within minutes or it can take up to several years. There is no right or wrong. What's important though is that you become aware of what is happening. It has helped me to understand the phases I was going through, which also helped to deal with it better.



Let me describe what usually happens when something in our life takes a sudden turn:

At first, life as you know it feels familiar and manageable, you are able to live mostly on autopilot. Then something happens that causes a major change in your life. At first you try to hold onto how life was before. Fighting the change, denying its implications, trying to blame something or someone for causing it.

This denial or rejection of reality prevents you from being able to engage effectively with the new reality. This in turn, results in you starting to realise that your old ways of being and doing no longer work, because your world is no longer the same. This is when you start to feel anxious or overwhelmed. Next, it hopefully leads to the stage of acceptance before depression sets in. In this stage you accept that the world has changed and that you need to adapt.

This can be a challenging and exciting journey, once there is acceptance and trust in yourself to be able to handle what the future might bring. Now you can move into the experimenting phase where you start to figure out how to engage in the new world in which you live in. Mistakes will be made, but with every mistake you are one step closer to getting it right.

During this time you will start to realise which new ways of doing and being works in this new world and what fits well with a narrative that you wish for your life to have. Your new story, your new way of doing and being then slowly becomes the new norm and you can return to living on autopilot and feel safe again.

Once you understand that everything you are feeling and going through right now is absolutely fine and normal, accepting the current situation starts to get easier and you stop fighting it.

I have created some tasks that can help you to navigate through a process of change or to a more positive mindset in general. Are you ready for it? Then hop over to the next page.

Recap:

- Shock - sets in when the change is happening. This phase usually doesn't last too long
- Denial / Disbelief - you know the change has happened, but you're not willing to accept the new reality yet and deny it. You're still trying to live with the same pattern or old beliefs that don't work anymore.
- Frustration / Anger - you realise that your old ways of doing and being don't work anymore. You start feeling anxious, overwhelmed, frustrated and unmotivated. This might even lead to a depression that you can get stuck in, if you're not moving past this stage.
- Acceptance - you let go of the past and accept that you need to adapt to a new reality.
- Experimentation - you find new ways of doing and being, some of them work, others don't. You're experimenting, but you need to be careful not to fall back into the frustration phase.
- Decision / Search For Meaning - you have adapted some new ways and are now able to reflect on the whole process and create a new meaning for your life
- Integration - you have regained full confidence for your life and have created a new vision for your new reality.

define

DEFINE YOUR CURRENT SITUATION

First of all, let's try to understand what is happening. Can you determine where your current feeling or state is coming from? Is it a loss of a person, a future plan or a general shift in life? Can you determine which phase you're in at the moment. If reading the above hasn't helped you to place your current state, I have some questions for you that might help.

It is absolutely not necessary to place where you're at right now. Feel free to skip this chapter if this feels too overwhelming. For me personally it has helped to understand what I am going through in the moment, so it might do the same for you. But don't worry about that too much.

If you can't place yourself anywhere yet, that's totally fine, we'll continue with some other tasks that help to shift your perspective no matter where you are right now. I have made the personal experience, that it helps me to fully understand first what has happened, but it's not necessary.

It also helps me to understand that life is happening in waves. We're never on a constant, straight development and it's totally fine to have times where we don't have as much energy, focus or happiness than in other times. Always keep in mind, that the wave is going up again after it's going down.



**HAVE YOU REGISTERED AND UNDERSTOOD
WHAT HAS HAPPENED YET?**

If your answer is no, then you might be in the shock or denial phase.

**DO YOU HAVE SUDDEN OUTBURSTS OF EMOTIONS LIKE
SADNESS, FEAR, ANGER, FRUSTRATION, ANXIETY OR ARE
YOU FEELING GENERALLY OVERWHELMED?**

If your answer is yes, then you might be in the denial or frustration phase.

**DO YOU FEEL LIKE YOU HAVE ACCEPTED THE NEW
SITUATION, BUT DON'T KNOW HOW TO COPE WITH IT YET
AND YOU'RE WONDERING HOW TO FIND A NEW DIRECTION?**

If your answer is yes, then you might be in the acceptance or experimental phase.

**DO YOU FEEL LIKE YOU HAVE FULLY ACCEPTED AND ARE
ABLE TO MANAGE THE NEW SITUATION AND JUST NEED
SOME TIME TO GET USED TO IT?**

If your answer is yes, then you might be in the decision or integration phase.

CHOOSE YOUR

STATE OF MIND

let go

LET GO AND TRUST - EVERYTHING IS OKAY!

You can let go of control in the present and trust yourself, that you will be able to handle all that comes your way. You are much stronger than you think you are. This is the most important part of being able to accept. Let's be clear: There will always be shit happening in your life and in all of our lives! We do not have control over it, it just happens. You are not able to change certain events, but through changing your perspective, it becomes easier to handle and trust in the future.

#shit happens

Let me give you an example:

Everybody has their own fixed unconscious perspective on what is a lot or little money (you can transfer that onto any topic). As a student, before I started to work on my money mindset, I thought I had "enough" money and felt calm about my budget when I had more than 1.000€ in my bank account. When my account was holding more than 2.000€ I thought that I had more than enough and felt very secured. However, when I had less than 1.000€ I started to panic.

I remember talking to a friend about our current financial situation. At that time I had more than 2.000€ in my bank account, so I felt more than fine. We weren't talking numbers yet.

I just said that I have a lot of money at the moment. My friend said that he is really broke and concerned about his financial situation right now, because he only has 8.000€ in his savings account. Comparing these two situations, just by looking at the number, he was much better off than me.

I realised that a situation can be worse, but you can still have a positive opinion on it, or the situation is actually not as bad, but you can feel super anxious about it. It's up to you how you want to feel about it. It is all a matter of perspective and where you set your standards and measurements. I'm not saying that any of the perspectives or ways of thinking above is right or wrong, I just want to clarify that you can change the perspective to feel better about it.

For someone who hardly earns anything and hardly has any expenses, both mindsets and situations could seem like luxury.

For someone working with millions, both mindsets and situations might seem rather miserable. You have the choice if you want to view a situation from high up, from down low or from a neutral point of view without any judgement, in order to change how you feel about it. The current situation itself doesn't change and can't be changed in the present moment, so you might as well accept it the way it is.

**“The first step is
always to activate
your will.”**

Of course, all of this is easier said than done. But the first step is always to activate your will to be open for a change. Activate your will to let go and trust. Activate your will to accept the situation. In the following section, I'll give you some guidance on how to shift to a more positive mindset.

shift

SHIFT TO POSITIVE

A general positive mindset is very helpful in our day to day life, but it is especially helpful when we are going through a process of change. We are often overrun by our emotions, which makes it hard to keep a focus at all. But there are some things we can do, to remind us of the good things in our life.

We often tend to feel miserable about everything that we don't have, that we even forget what we have. When we lose something or someone, all we see is darkness and negativity, but the positive is still there. So how do we shift back to the positive, even if it's just a tiny little bit?



01/ 03

B E C O M E M O R E P R E S E N T



WE CAN BECOME MORE
PRESENT IN THE MOMENT.

Our inner monologue is usually very focused on the negative impact of the change. We can hardly think about anything else and feel like this event has completely taken over.

You might even feel it in your body, maybe your heart or throat feels tight, maybe you have a nauseous feeling in your stomach or can't breathe properly. What if you start shifting your focus to the present moment? You can distract your mind from this negative monologue, which will also relax your body, even if it's just for a short time.

TIPS TO BECOME MORE PRESENT



mindful reading

Try to create an image of the story that you're reading and really get into it. Dive into a completely different world and try to visualize every detail.

mindful music

Turn up some music, close your eyes and really listen to it. Can you hear the different instruments? How do the vocals sound like? If you want you can also move to the music. Close your eyes and really feel the music. Let it move you without thinking about it. Whatever feels right to you.



give yourself a massage.

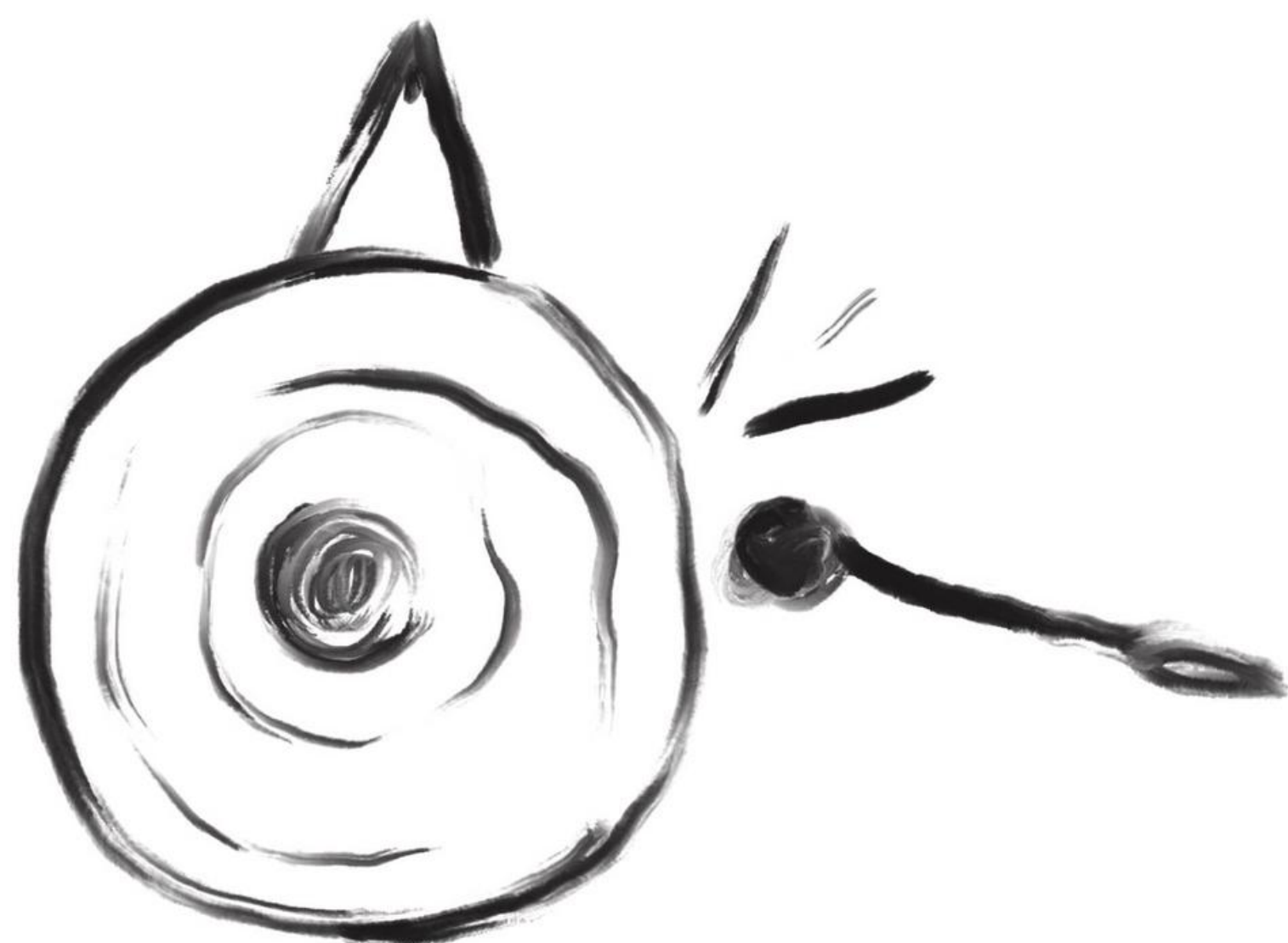
Sit or lay down, start by alternately massaging the palms of your hands, the soles of your feet, your neck, wipe down your arms, massage your thighs and maybe even softly massage your heart, your throat, your face. Do whatever feels right. Allow yourself to relax and let out all the emotions that might want to get out while you do so.





focus on all your senses

Pause for a moment, no matter if you're at home or outside for walk. Take a moment to just pause and try to take a snap-shot of the moment with your mind. Notice all the sounds, smells, the taste in your mouth, the colors and patterns that you see, the air, temperature or whatever it is that you can feel. Really pay attention to every detail, as if you would describe it to a detective afterwards.



mindful breathing

Close your eyes and focus on your breath. You can either follow certain breathing techniques or just observe your natural breathing rhythm. There are some wonderful apps that can guide you through it, if you're not familiar with it yet. For example: calm, head space or 7mind.



mindful eating

Try to taste all the different spices and ingredients. How do they feel like? Try to close your eyes and completely focus on your sense of taste and maybe even your sense of smell.

02/ 03

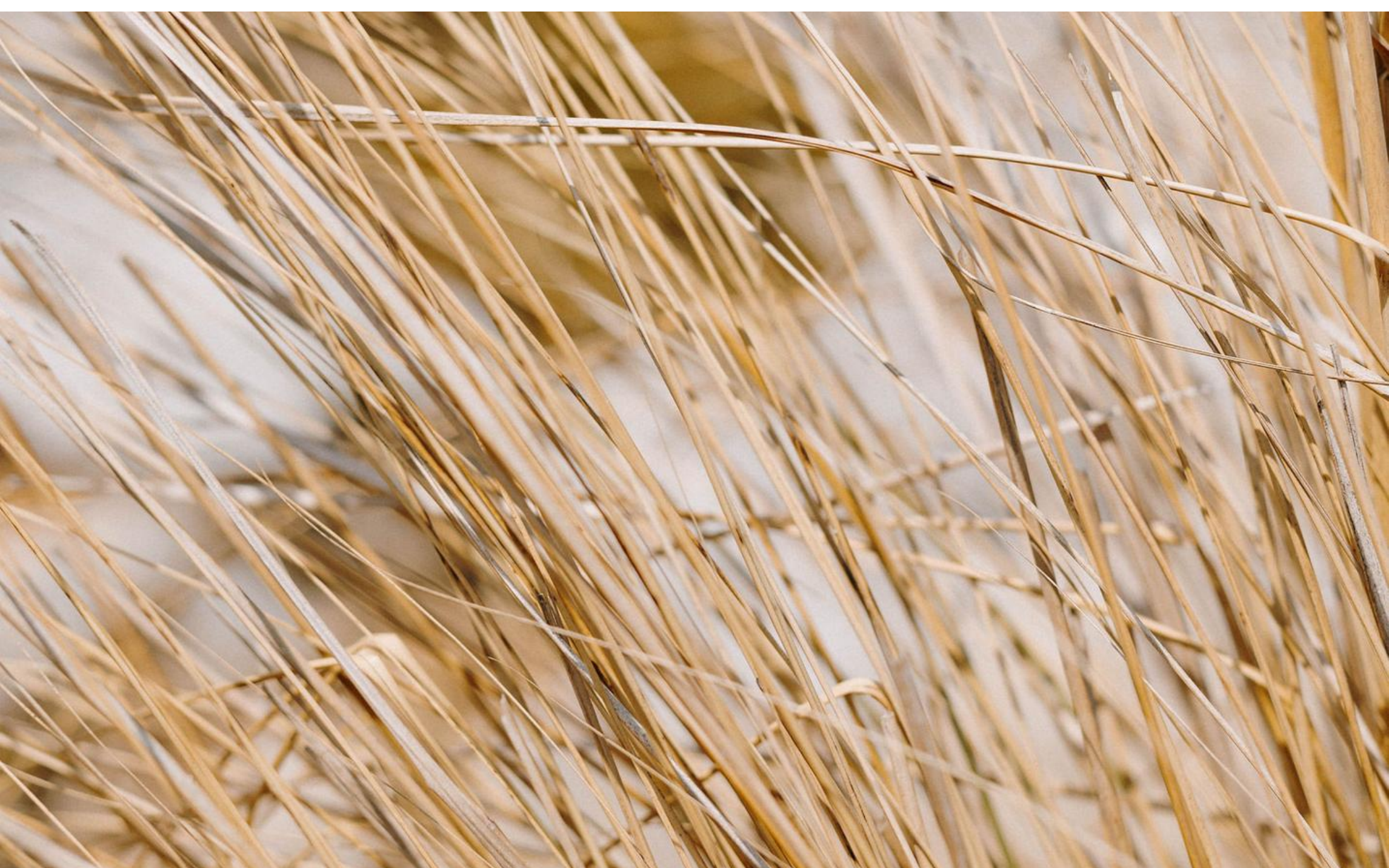
B E C O M E M O R E G R A T E F U L

WE CAN BECOME MORE
GRATEFUL.

If we practice gratitude regularly,
it helps us to feel abundance and
create more positive emotions.

What are the things that you are
grateful for right now?

- What are the advantages of where
you live right now?
- What are the advantages of how
you live right now?
- What are you able to do now, that
you didn't have the time for before?
- What are you able to do now, that
you couldn't do if you were
somewhere else?



Also send out some good wishes to those who don't have what you have. It helps you to become more aware of how lucky you can actually be. The situation could always be worse (remember, it is always a matter of perspective).



Please don't take for granted what you have and remind yourself to be grateful for it, even if it doesn't feel like it right now and even if it feels like the negativity is overwhelming. By becoming aware of it, you are slowly building it up again.

#countyourblessings

03/03

CONNECT TO OTHERS

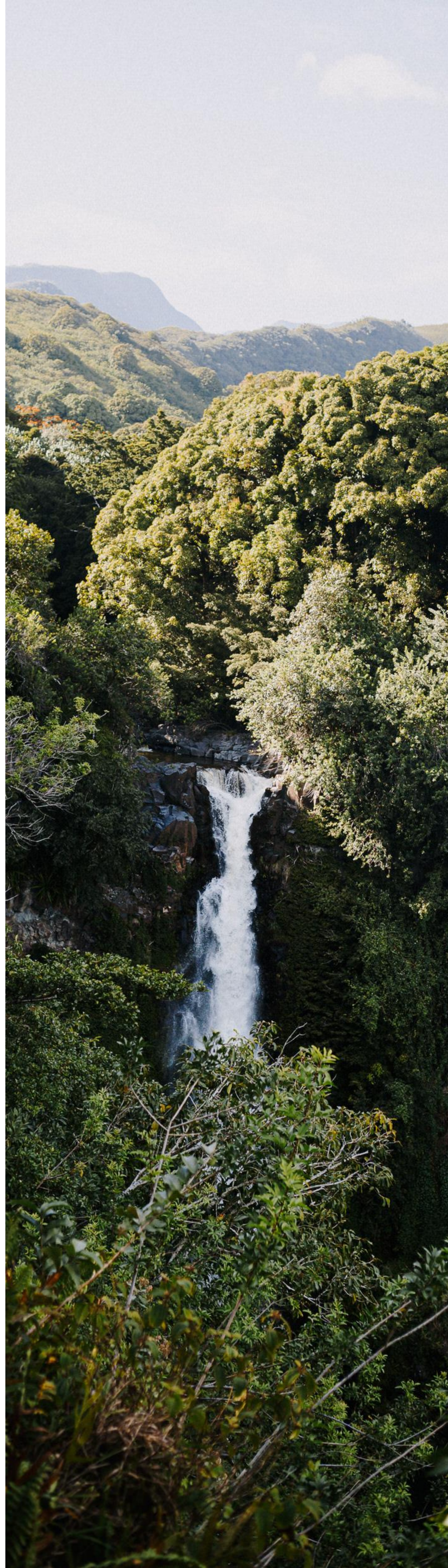
Are you feeling lonely and like you don't belong? We all have the need to feel connected in some way or another. Physical isolation is part of our daily lives, even apart from the lockdown we had to face throughout the corona pandemic. We all tend to be so caught up in our own lives and schedules, that it's hard sometimes to keep in touch, even with the people closest to us. Think of the ones that you want to connect with again.

Maybe make a list and then get in touch with them. Which relationship might need some healing? If you haven't really felt part of your family for a while, use this time to reconnect. Also try to reach out to friends who might be alone at this time. Some fun ways to connect, other than messages, video calls and normal calls can be postcards, letters, the houseparty app or online games, like jackboxgames or online escape rooms.

reflect

LOOK INTO YOURSELF

We are all dealing with topics that are rather unpleasant. Often we try to avoid facing them and dealing with them, but they come back up in situations, where we don't need or want them. Try to figure out what these topics are for you, that you wish to change. Now is the time to heal those old wounds, shift perspectives, understand it better, think it through & become happier in the now & future through understanding, healing and faith.



Maybe it is a certain mindset or a belief that stops you from reaching your full potential in whatever way. Have you noticed that a certain behaviour has caused unnecessary trouble in the past? Are you still carrying old baggage from a situation that you tried to suppress and block out of your life instead of fully going through all the emotions and attention it would need, in order to heal?

The best way to start is to do some free writing, reflective writing or general daily journaling.

The **free writing** allows you to just let everything out of your head. Just write down everything that is on your mind, it doesn't have to be in any order or make any sense. Just keep writing and don't stop until your brain feels empty. It might feel weird the first time, but it really helps to clear your mind.

With the **reflective writing** you can address a specific topic that you want to face. It can be anything that you can think of. Maybe a situation from your childhood, from your daily life or maybe an argument with your partner, friend, colleague or even a stranger. Write down exactly what happened and how you feel and think about it. You'll find a collection of questions on page 26 to guide you through the process.

Evaluate all the positive and negative experiences you can take from it. Is there anything that you could have done differently? If anything similar happens again, what do you want to look out for and how do you want to handle the situation next time? There is no right way to do this exercise. You can write down some notes or you fill a whole book with all your thoughts and maybe even do some research on certain behaviour to understand it better. Just do whatever feels helpful for you.

You can also start a **daily journal** to become more aware of your daily routines and thoughts. There is no rule on how to write a journal. It can basically be done by free or reflective writing or you can just take notes, draw something about your day or come up with any idea that you'd like. I think the main point is that you try to make it a routine over time. It can help to keep your focus and to reduce stress and anxiety.

For me personally I never thought I would be a journaling type, who would write something every single day. But throughout the last years I have created a tool for myself on how to keep track of my daily work and experiences with just some short and easy notes throughout the day. At the end of every month and year, I'm also doing a more detailed monthly and yearly review. I have been using this technique for over 6 years now and it helped me to be more productive, more grateful and less stressed altogether.

These are some things you can do on your own to become more aware of your actions and of the present moment. Sometimes one little hint, a question, a thought or a change in perspective can be a major short cut or time saver. It can have such a powerful impact on your following journey. This can happen in many ways, but sometimes it takes forever to get somewhere. Maybe you feel, like you have been trying to solve something, but just go round in circles or start to doubt yourself. I have been there as well. Maybe all you need is a little push from the side that guides you into the right direction, which is why a coaching or therapy session is also something you can take into account. It can have a powerful impact.

If you have any questions or would like to receive any recommendations, feel free to get in touch.

Guide for reflective writing

Here are some questions that can guide you through your reflective writing exercise:

- What is the situation that I want to reflect on?
- What exactly happened?
- How do I feel and think about what happened?
- Why do I feel this way?
- Why did I act this way?
- Where did this reaction or behavior come from?
- Did I experience anything similar before?
- How did my actions affect another person?
- What are the negative and positive experiences that I can take away from it?
- Could I have done anything different?
- What can I look out for in the future to prevent this from happening again?
- What would be an ideal situation instead?
- How can I handle a similar situation next time?

FREE WRITING

01

The free writing allows you to just let everything out of your head. Just write down everything that is on your mind, it doesn't have to be in any order or make any sense. Just keep writing and don't stop until your brain feels empty.

REFLECTIVE WRITING

02

You can address a specific topic that you want to face. It can be anything that you can think of. Write down exactly what happened and how you feel and think about it.

DAILY JOURNAL

03

You can start a daily journal to become more aware of your daily routines and thoughts.





about farina

I am Farina and I might be the happiest person you have ever met. I rose from various avenues of the fashion industry – starting out as a model at the age of 16, later as a fashion & beauty photographer, and then as a photo editor for one of the most renown German lifestyle magazines. By now I am an international portrait and wedding photographer, based in Berlin and Cape Town.

I'm in love with love, I enjoy dancing, singing, hikes and sunsets. But I also like a quiet and relaxed evening with friends, good veggie food and deep talks. People always seem to get confused when they find out that I don't like beer, wine, coffee, gin tonic and cucumbers, but that's the way it is. I simply don't like the taste. Therefore I loooove sparkling water with fresh lemon.

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Review Package

YOUR DAILY
REFLECTION

Everybody around you is talking about journaling, because it helps to keep your focus and to reduce stress and anxiety? You have been thinking about it for a while now, but haven't started, because you are just not the journaling type? Do you like nice notebooks, but feel like they are too nice to write in? You feel like journaling every day is way too much effort, so you keep procrastinating? I feel you!

As I said before, I have created a tool for myself throughout the last years, on how to keep track of my daily work and experiences with just some short and easy notes throughout the day. On top of that I have created a more detailed monthly and yearly review, which helps to properly reflect on how I spend my time and energy, to keep my focus on my goals and be more aware of where I'm wasting my time and energy in the wrong places.



I have been using this technique for over 6 years now and it helps me to be more productive, more grateful and less stressed altogether. With the help of calligrapher Nicole from Nicnillas Ink we have created some PDFs that make it even more fun to reflect and write things down.

I have been sharing my own review package with only a few people, but noticed that it helps others just as much as it helps me. I'm sure it will help you as well, especially if you haven't done much reflection work yet need a way to start or look for a different way to journal.

1€ of each sale will go to one of the most amazing projects in South Africa, the **EARTHCHILD PROJECT!** They bring meditation, yoga, eco- and other life skills into schools in South African townships. They create space for the kids to feel loved, to feel safe. Most of them don't have a safe space where they live and it is absolutely incredible to see how positive, open and joyful these kids are and to hear about the impact that the project has on the development within the community.

The Review Package includes

- digital excel sheet for your daily notes (you can adapt this over time, so that it fits your personal needs)
- monthly review (pdf A4)
- yearly review (pdf A4)
- explanation (pdf A4)

YOUR DAILY PRACTICE FOR

more productivity and gratitude



Keep track of your daily use of energy & focus with my personal review package. Wanna give it a try?

BUY NOW!