Change Profiles:
- Center on a moving average in a sliding window

- Take the cumulative sum

Time series
— Original
— Change Profile
— Moving Average

"Solves" some concerns:
- Scale is irrelevant/relative

- Small fluctuations are added in the cum. sum but, don't impact the shape of the overall profile

- If present, persistent levels & fluctuation patterns can be "exaggerated" (see y-scale)

Recurrence Based Approach

Quantifying State Dynamics