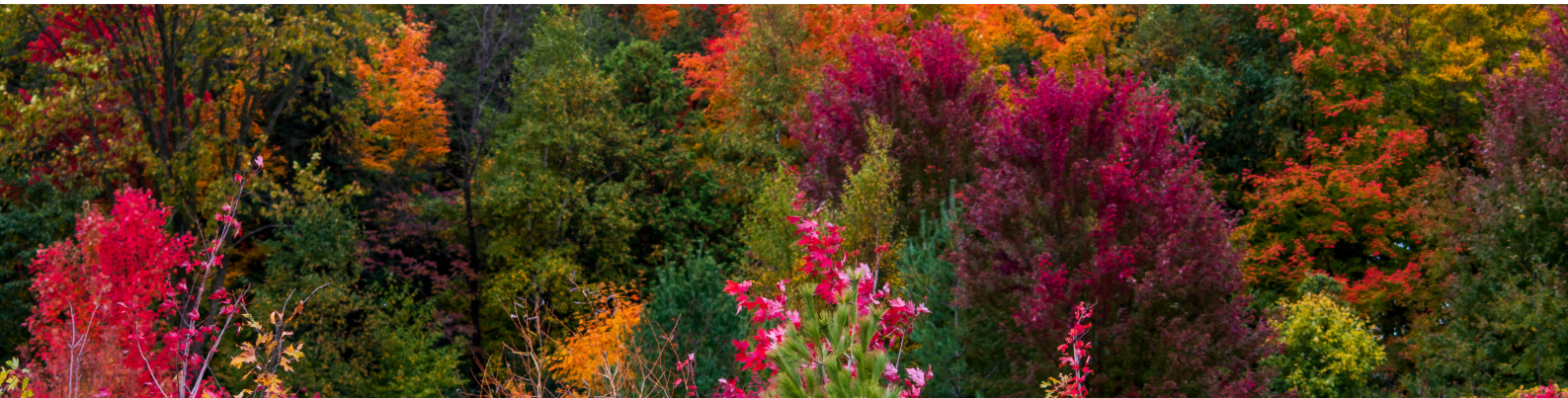


# Rise Above and Brave the Change

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#WellbeingWarriors



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Change, as John F Kennedy quoted, is a Law of Life!

Just as the leaves are currently turning into the familiar shades of winter, reminding us that the seasons change and nature transitions, so too people constantly experience shifts in their lives, requiring adjustment.

The concept of change is fundamentally the process of adjusting, transforming and becoming different. Change, by itself, is neither positive nor negative; it simply is. Change enters our lives just by chance, as a result of choice, or because of a crisis. Regardless of the reasons, we are all confronted with having to make a simple decision – do we adapt to the change, or not?

In the face of all the change we see, what are the essential skills we need to not freak out, and be as effective as we can in our lives?

*“When life brings big winds of change that almost blow you over, close your eyes, hold on tight, and believe”.*

Lisa Lieberman-Wang





## 1 Power of Choice - Changing Your Mindset

We are never free from change, but we are always free to choose how we respond to it. If we choose to be consumed by the limitations of a specific change, we will inevitably succumb to anger, anxiety, and hopelessness. On the other hand, if we choose to accept the fact that change will always occur, we can exercise our freedom to decide what to do next.

When you use your power of choice constructively and focus your mindset on positively adapting to change, the more resilient you become in coping with the impact that change will bring to your life. It is also our power of choice that enables us to activate positive change in our lives.

*Ask yourself:  
“How is this change a good thing?”*



## 2 Be Flexible

More often than not, we are rigid in our thinking patterns and behaviours and always either want the situation or others to change. We only have control over ourselves and not the behaviour of others. The more flexible we are in our response to situations or others (rather than demanding that things be different), the more likely we are to experience contentment and a sense of accomplishment.

*Ask yourself: “What can I do to  
make this change work for me?”*

### 3 Be comfortable with discomfort

We like living our lives in our comfort zone, yet we cannot escape the unexpected events that occur in our lives. There is also no dodging the fact that change can be an uncomfortable disruptor, with our fear and self-limiting beliefs often kicking into action when we are faced with the consequences of it. If we try to ignore or avoid the challenges of change, we forfeit our opportunity to learn, **grow** and see other possibilities, as it is these particular events and challenges that force us to step out of our comfort zone.

Happiness, success, contentment and experiencing the pleasantness of life appears to be related to the ability to tolerate discomfort and accept the unpleasant things. Choosing to “go with the flow” may be the most comfortable way to deal with the future.

*Ask yourself: “What opportunities and possibilities are being presented here?”*

### 4 Be adaptable

When life gets in the way of your plans, it's important to be adaptable. When you are unprepared and resistant to change, then you have no control over how you choose to live your life. Being prepared to change direction in light of the unexpected, guarantees that you will expand your chances of achieving your goals and regain your control. Remember, if Plan A does not work, there is always Plan B, C, D and 22 more letters of the alphabet.

*Ask yourself: “What can I do differently?”*



*“Be clear about  
your goal but be flexible  
about the process of  
achieving it.”*

Brian Tracy





## 5 Accept and Embrace

Learn to accept the reality of change and appreciate that we cannot thrive in this world without it. Acceptance does not mean liking or approving of something, it simply means acknowledging that it is happening – accepting the fact. While initially, some change will be hard, choosing to embrace it can help you deal with it more effectively and the resulting outcome could be more rewarding than you ever imagined. When you accept and embrace change, look for the lessons in it, and become all the better for experiencing it, then change is no longer your enemy, it becomes your greatest teacher.

*Ask yourself: “What is my lesson here?”*



## 6 Refocus on your values

Don't let fear rule. Keep reminding yourself of what's important to you. Family, friends, achievements, creative expression, great music, and so on, can create a remarkably powerful buffer against whatever challenges may be troubling you. Reflecting on your personal values helps you to rise above the struggles you face and makes you realise that your personal identity cannot be compromised by a challenging situation.

*Ask yourself: “What is the best belief I have about myself during times of change?”*

# 7 Find the humour

Always try to find the “funny” in an otherwise unfunny situation. Humour is a fantastic way to create the light-heartedness needed to see a frustrating challenge from a new and different perspective.

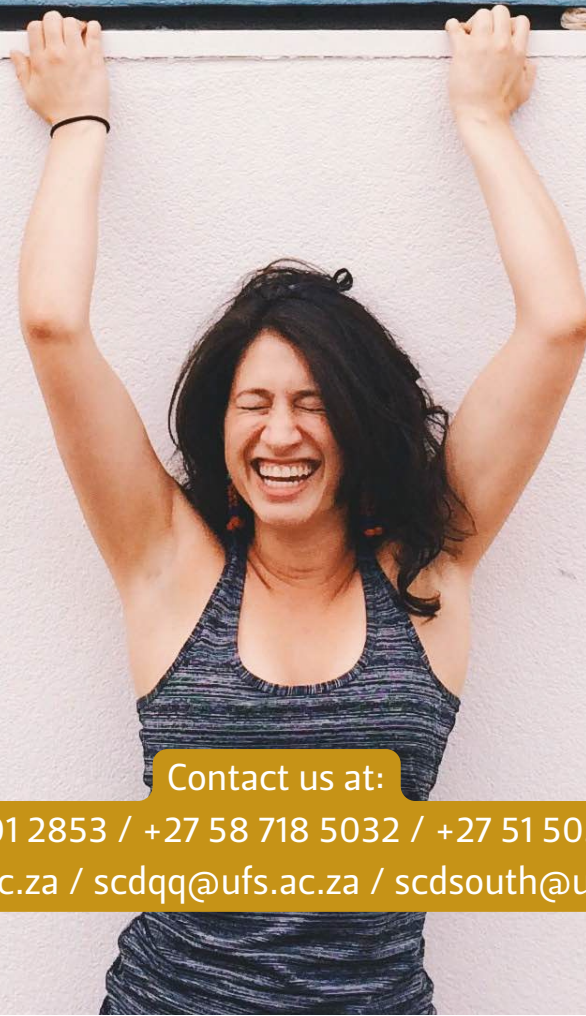
*“Laughing is, and will always be,  
the best form of therapy.”*

Dau Voire

Change is promised and is not something we should fear, but something we should embrace. It’s what makes this all such an adventure. Like the seasons, you will keep growing, and blooming, and living.

*“To exist is to change, to change is to mature, to mature  
is to go on creating oneself endlessly.”*

Henri Bergson



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