Facing the Challenges That Lie Ahead
### Life Event Survey (LES)

<table>
<thead>
<tr>
<th>Event</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty keeping up with reading</td>
<td>84.4%</td>
</tr>
<tr>
<td>Increased amount of academic work</td>
<td>82.5%</td>
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<tr>
<td>Difficulty in tutorials</td>
<td>66.5%</td>
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<tr>
<td>Little time for personal activities</td>
<td>61.6%</td>
</tr>
<tr>
<td>Difficulties in lectures as well as peer competition</td>
<td>46.8%</td>
</tr>
<tr>
<td>Peer Competition</td>
<td>46.8%</td>
</tr>
<tr>
<td>Long hours in lectures</td>
<td>40.3%</td>
</tr>
<tr>
<td>Uncertainty over choice of course/subjects</td>
<td>36.1%</td>
</tr>
<tr>
<td>Relationship struggles</td>
<td>35.4%</td>
</tr>
<tr>
<td>Boarding/hostel</td>
<td>29.7%</td>
</tr>
</tbody>
</table>
Study with Medical and Legal Students @ NUS

Sources of Help during the past 6 months:

- Friends & classmates: 76.5%
- Parents: 43%
- Keep to myself: 43.3%
- Religion: 32.3%
- Siblings: 26.15%
- Others: 3.7%
- Relatives: 2.65%
- Professional: 1.5%
“Change, after all, is only another word for growth, another synonym for learning. We can all do it, and enjoy it, if we want to.”

-- Charles Handy
Author of “The Age of Unreason”, Visiting Professor at London Business School
The need for change is an inevitable process of renewal.

The outcome of this is dependent on our attitude, speed and willingness to accept these changes and adapt to them.

I suggest that there are five key transition stages that we go through when change is to take place in our lives.
These stages are best remembered by the acronym **PEACE**.

- **P**sychological
- **E**motional & Mental Resilience
- **A**ction
- **C**onsolidation & Stabilization
- **E**ndurance & Growth
Stage 1

**PSYCHOLOGICAL - The Fight to Survive**

- Re-frame challenges in more positive terms.

- “I don’t like this” to “I am going to beat this and come out on top”.

- “I am unhappy” or “I am not going to make it” to “Let’s see how I can make the best of this” or “If others can do it, I don’t see why I can’t”.
The Key Statement for this Transition:

“I have decided to accept this challenge.”
Stage II

EMOTIONAL & MENTAL RESILIENCE

- The Fight to Adapt and Innovate

This stage comprises of two components:

- Let go of our old ways of doing things.
- Re-living our familiar duties and environment with a different set of rules.
The Key Statement for this Transition:

“How do I go about this? ”
Stage III

**ACTION** - The Fight to Assimilate and Internalize Changes

**Execution Phase:**

- Implementing these changes
- Embrace the challenges
- Assimilate them into our lives
The Key Statement for this Transition:

“Let’s do it!”
Stage IV

CONSOLIDATION & STABILIZATION - The Fight to Restructure

- Executing our new ideas and plans, changes become more and more a part of our lives.

- We require less effort to adapt to these changes as before.
The Key Statement for this Transition:

“I am getting used to this.”
Stage V

ENDURANCE & GROWTH

- The fight to stay ready for the next wave of change...

This is the calm stage as we have successfully mastered the transitions.
The Key Statement for this Transition:

“I made it!
I am ready for the next wave of change...”
• Being able to identify our journey in the transition of **PEACE** will greatly help us discover peace in our own lives.

• So how do we do this? How can we better move ourselves through these five stages **PEACE**?

• The following pointers will certainly help us to navigate through **PEACE** more successfully:
Ten Coping Strategies
To Come Out On Top Of Change

1) Have an attitude that nothing ever remains static.

2) Take changes in our stride.

3) Keep a positive attitude of mind.

4) Lead a balanced life.

5) Set realistic goals and map plans to achieve this.
6) Know your own personality, strengths, and weaknesses.

7) Learn coping strategies for stress and anger management.

8) Learn to value the people who are closest to you and do not take them for granted.

9) Upgrade yourself with the latest information and courses whenever possible.

10) Do not be afraid to be yourself and let others know if you are struggling.
How Should Christians Respond To Change?

- **Emmanuel** – God with us.

- God loves each of us as if there were only one of us.  -- *Saint Augustine*

- The Christian’s response to anxiety is knowing that God loves us and is with us.
The presence of anxiety is the absence of faith. The presence of faith will result in the absence of anxiety.

It’s about having faith in faithful God!

Romans 8:28

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”
However, this is very difficult to understand. Even more difficult to accept.

Ironically, this is why faith is called faith! It requires an element of trust that makes the mind uncomfortable. It stretches our responses to look beyond what is tangible to that which is promised and intangible.
Faith cannot be completely imparted from one person’s experience & testimony. It must be borne out of our own journey, and growing from this encounter. It is not an understanding or a concept in our minds, but a volitional act of our will to extend ourselves beyond our logical comfort zone.

(Journal: 23 May 2012)
Christian Success is measured by our Commitment and Surrender to the Lordship of Christ.

(Journal: 15 Jan 2008)
Phil 4:6-7

6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
1 Peter 5:7 says:

“Cast your cares upon Jesus because He cares for you.”