

# nexnews

## WHAT CAN WE LEARN FROM OUR SPEAKERS? PART 3.

Starting your own business and creating your own opportunities, as covered in TOPIC 1, as well as managing your finance and future plans as discussed in TOPIC 2, comes with great responsibilities. Sometimes, experiencing these changes in your environment such as a change in career or financial situation can leave you feeling worried and overwhelmed.

When stress exceeds your ability to cope, it stops being helpful and starts causing damage to your mind and body. But that doesn't mean you can't remove yourself from difficult situations.

### TOPIC 3 – UNDERSTANDING CHANGE AND HOW TO COPE WITH IT

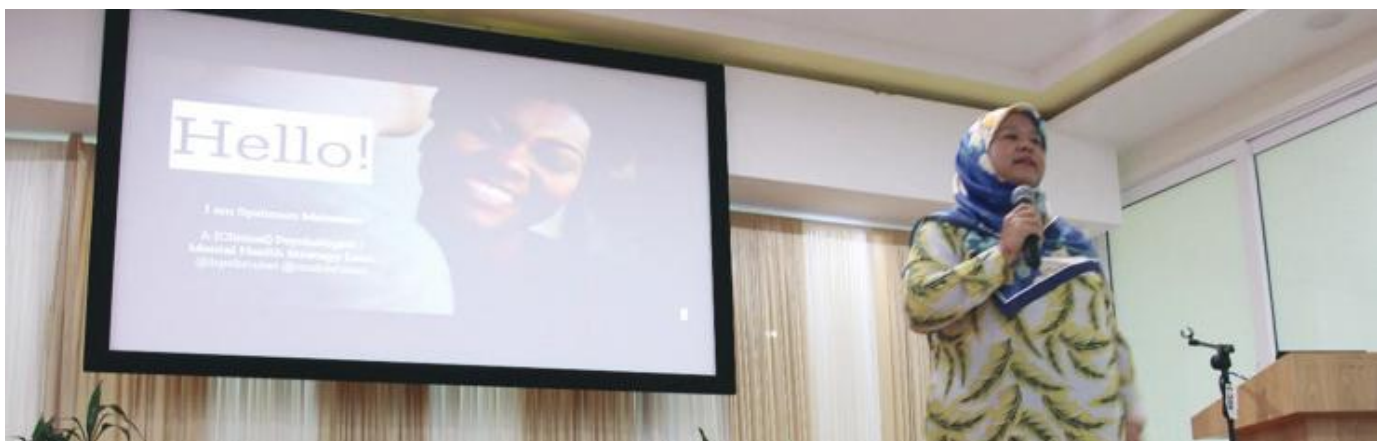
Speakers:

- **SYAHMUN MATASSAN OF HEALTH PROMOTION CENTRE** on Change Management
- **CIKGU HAJI ALI YUSRI HJ ABDUL GHAFOR & USTAZ MUHD KHAIRUL NAZIF HJ AWG DAMIT** on Berubah Kerjaya Selepas Berubah

**How do we eliminate stress or cope with change better?** First and foremost, SYAHMUN re-affirms that stress is extremely common; this is why it's important to discuss it, especially if it interferes with your life. To handle the 'triggers' that causes us stress, the tips Syahmun have shared to help us out are:

- **Lean on friends and family.** Having a strong network of support is important to managing stress in all areas of your life and buffer you from the negative effects of external stress.
- **Take care of yourself.** Give yourself a break from overwhelming tasks; do things to lift your mood and increase your energy, such as talking a walk, reading or wearing your favorite colors.
- **Establish healthy boundaries.** It's important to maintain the balance between work and personal life. For example, she said that if the stress is caused by work, make sure that when the work day is over, leave it behind at the office. When you're at home, divert the focus to yourself, your family and other things that are non-related to work.

Therefore, it is perfectly normal to feel fear and be unsettled with change and uncertainty. The unhealthy part occurs with inappropriate and unhelpful responses such as fighting change and presenting a negative attitude.



In essence, Syahmun stated that it's also important to remember everyone is not the same – the kind of problem, stress or situations we're all in, are different from one another and it should not be compared. If we feel that we need more help to manage things we don't understand internally, **she encourages us to seek help from HPC health professionals are always available to give us the right advice. These professionals can provide an in-depth explanation of our well-being and provide the necessary platforms or tools to ensure that you're taken care of.**

As her closing statement mentioned, **make the best of a stressful situation. Be brave, believe in your self-worth and dare to take action** (because if you don't, you'll lose out again on the \$100 (or more next time) that was given away during this session!).

Similar to what Syahmun has talked about during her session, CIKGU ALI YUSRI and USTAZ KHAIRUL stated that change is inevitable. Sometimes it can be positive – other times it can be painful or difficult to come to terms with. Often the hardest changes to understand and adjust to are the ones that are unexpected and out of our control – a recession, a global pandemic, or a major disaster, for example.

You'll often find that your experience of change can be made better with your reaction and attitude - rather than stressing out over them, focus on things you can control, such as the way you choose to react. Through times of change, our speakers **emphasized the importance of having a family support or the support of those you trust. By having a strong support system, you'll be able to manage and cope with changes in the work environment better.**



Our panel speakers remind us **to be part of the change and see the positive in the way forward.** They've advised us to **adopt an attitude of anticipation and excitement to remain highly motivated. We are to see work-change as an opportunity, and after we put in our best efforts, we should always seek divine blessings through prayer and 'tawakkal'.** Acceptance (of change) doesn't mean giving up entirely on your former situation; you'll have valuable memories, skills and relationships to carry forward, but the point is - you are moving on, whether it's in your career or in your wider life.

Above all, the speakers remind us to **believe that all rezeki or sustenance come from and are determined by Allah SWT.** You won't know what's in store for you or what has been planned for you until you go through it – sometimes you just need to have faith and trust the process.

وَسَعَهَا إِلَّا نَفْسًا اللَّهُ يُكَفِّ لَا

*"Allah tidak memberati seseorang melainkan apa yang terdaya olehnya."  
(Surah Al Baqarah, ayat 286)*