

## Life Skills Series

Brought to you by **SUTD Wellbeing Services**

Building 1, Level 5 (1.517) @Lobby C

<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>



**Life is the continuous adjustment of internal relations to external relations. *Herbert Spencer***

### Tips on managing adjustment more effectively:

- ❖ The more (and sooner) we accept that change is part and parcel of life, the more likely we will be able to better adjust to changes in life or situation.
- ❖ Embracing change requires a positive frame of mindset, even if the change may be upsetting or we perceive that it is not for the better.
- ❖ Develop the ability to view something unfamiliar as opportunities for learning and growth, not threats, unless the change carries considerable risk or harm.
- ❖ Be resourceful and proactive in acquiring knowledge, skills and resources in order to be better equipped in dealing with adjustment stress.
- ❖ Get help and support. We are better off with social support than dealing with adjustment issues by ourselves.

We go through diverse transitions in our lives – from adolescence to adulthood, college to university, studying/working in a foreign country.

These transitions often require us to make certain adjustment to our current way of life. The adjustment to a new culture, environment or system, in turn need us to step out of our 'comfort zone' into unfamiliar terrain. These newly acquired experiences may cause us to develop negative thoughts and emotions due to 'culture shock', thereby affecting our health and wellbeing.

Adjusting to changes, especially unexpected ones, may not be easy but armed with a positive attitude and healthy coping skills, we will be in a better position to deal with adjustment issues.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting.

If you would like to see a Counsellor to discuss any issue or challenge, please email us at [wellbeing@sutd.edu.sg](mailto:wellbeing@sutd.edu.sg).

