



Episode 124: How to Change When Change Is Scary

with Dr Claire Kaye

There is a saying that the only constant thing in life is change. Change, whether enforced or created by us, is inevitable, and with it comes fear and uncertainty.

In this episode, Dr Claire Kaye joins Rachel to discuss why change can be scary. They give helpful tips on how to get started with change when things get tough. They also discuss how to embrace change rather than fear it.

The episode also tackles the fear that can come at different points, but there will always be a light at the end of the tunnel. There is always a gift that comes with the change. It is, after all, an opportunity for growth.

Podcast links

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[You Are Not A Frog Episode 123](#) with Georgina Scull

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Guest links

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Dr Claire Kaye's episodes on You Are Not a Frog:

[Episode 117: The Surprising Power of Self Coaching \(and How to Do It Well\)](#)

[Episode 107: Define Your Own Success In Life](#)

[Episode 71: Create a Career You'll Love](#)

Quote to remember:

“It always seems impossible until it's done.” And I think that's really true with change — that it feels impossible to make a change — but when you look back here, “Oh, that was okay.”

What You Will Learn

The pandemic brought burnout, stress and fatigue to almost everyone. People working in healthcare are not an exception.

This activity will serve as a reminder to realise the good in change. It is essential to know that the most significant part of the change, whether you're a change maker or hater, is to look after yourself. You need to fill up your tank and have energy to create or cope with change. There are changes you can't control, but you can work with and control factors that surround the change. You can't remain stagnant, fearing change.

Notice the change that is happening or about to happen and create a space for it. You don't have to do it all at once — space things out a little. When emotions like fear and uncertainty come in, remember to look back on changes that you've experienced and how you dealt with them. Work on things you can control and recall your motivators for change.

Finally, this activity will guide you through Claire's tips for when change seems scary and impossible.



Change is constant, and your mindset about it can affect you how you deal with it. Think of it as an opportunity that brings you a gift for a better work and personal life.

Activity: A Reflection on Embracing

Change

1. In your own words, what are your key takeaways about change?

2. Before listening to the podcast, rate how anxious you are about change, from 1 to 5 (1 being the lowest and 5 as the highest).

Did the rating change after listening to Claire's and Rachel's tips and insights?

3. What aspect in your life would you most want to change and why?

4. How will this change impact your overall quality of life?



5. When you experience negative emotions and difficulties through this change, what motivators will help to keep you moving forward through this created change?

7. Think of an enforced change that is happening or has happened to you and answer the questions that follow. Reflect on the insights that Claire and Rachel shared while answering.

- a. When did you start noticing the change?
- b. What are your emotions around this change?
- c. Have you experienced similar situations wherein you felt the same emotions? What were the tools that helped you?
- d. How can you use the same tools in this enforced change?
- e. What are the things you can control in this change?

How can you continue taking care of yourself amid this change?



6. Write some next actions which will help start to change something for yourself and for the people around you. Have at least one accountability buddy (family, friend, colleague, significant other) who will know about it and read about what you wrote.

CPD time claimed:

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