



THE ONLY THING CONSTANT IS CHANGE

Kathlyn Q. Barrozo
Class of 1991, University of Santo Tomas
B.S. Medical Technology

Changes occur in our everyday existence in ways we often fail to recognize or see. The changes may be so infinitesimal that we would barely notice that they have indeed taken place. We can not deny that the only thing constant in life is change. This has been so since time immemorial.

Consider how today's generation considers love. In much older generations, love had been considered as something precious and for keeps. But in today's world where text messages and tasteless jokes run in perfect unison, love has somehow become a cheap commodity. There are still young people out there who still consider love as something essential, not to be dilly-dallied with. Or maybe, young people have changed in such a way that love no longer is something to be taken too seriously until they are ready to commit. In this respect, then the present generation wins points singlehandedly.

Consider how lifestyles have changed, too. Nowadays, it is not unusual for both parents to have jobs. Life, after all, has become more challenging and difficult. Unlike before, when mothers were only responsible for the home and fathers brought home their earnings for the family upkeep, today's mothers prefer to keep their own careers. Yes, telecommuting has become a welcome option for many mothers, but those who do opt to stay home and do their jobs in the virtual world should try to get out whenever they can. It can be lonely just spending the whole time at home.

Consider how health trends have changed in the past decade or so. From bulimic and anorexic models and celebrities, we get such diet fads as the South Beach diet, the Atkins diet, the after six diet, the banana diet, the paleo diet. I am unable to name any more, as these have been the most popular at this time. The trend is towards cutting back on harmful elements while freely indulging in what is deemed as health-friendly and beneficial. These all are well and good. But we must consider that to be able to afford the changes that such trends entail, we must be ready to make sacrifices.

Consider too, that trends tend to be temporary. Barely has a fashion trend been instituted than another one runs close to its heels. Such is the bitter reality of changes, they are never permanent. This is why they are called changes, after all. They never stay the same.

As individuals living in a pretty fast-paced world, we must learn to take changes in stride. Adapt, adjust, and change our perspectives, if we must. It's the only way to survive in a world where the only thing constant is change.

QUESTIONS FOR DISCUSSION:

1. Are you a follower of trends? Talk about the trends you have followed so far.
2. Why do you think trends change so often?
3. Is it advisable to follow trends? Why or why not?
4. Why is following trends sometimes not advisable?
5. If change is good, why do people sometimes find them hard to do?