

**Andrew Horton:** Hello and welcome to the Making Sense of Life podcast with me Andrew Horton and Dr. Sunil Raheja. Sunil thanks for joining us again today. We're looking at stress this time. Tell me why are we looking at stress? Why is this such an issue that we have to look at?

**Dr. Sunil Raheja:** Yeah thank you Andrew. It's great to be here again. Stress- what a subject! I mean everybody we talk to, everybody we come across says and including us as well I'm sure, says, "I'm stressed, I don't know how to handle this, this is stressful." Stress is a ubiquitous part of modern life. No matter who you talk to, no matter where you go everyone seems to talk about being stressed. And again maybe it's a consequence, I think it is actually not maybe, is a consequence I think, of a increasingly fast paced, technologically driven world. We are trying to do more with less, we are feeling time racing ahead of us we feel this inner sense of restlessness and dis-ease. Yeah it's just a part of modern day life.

But as you ask what do we mean by the word? I mean the word is used in a confusing and ambiguous way. I mean it's confusing because when we say stress there's no clear cut definition I mean it's a range of mental, physical and social ill health and it can be related to stuff at home or at work and also it's confusing, you know, I think one of the commonest GP reasons on the sick notes for people of going off work is stress but it's not really a clear definition...not very defined. And it's ambiguous because it can refer to an external stimulus acting on the individual or how somebody reacts to that stimulus, but we'll talk about that in a little while. The word stress comes from the world of physics. That's where it originated from and where it's used to define the intensity of a force per unit area. And it comes from the Latin word *stringere* which means "to draw tight".

**Andrew Horton:** Right so how big a problem is stress in life? You know, as you say it affects everyone. But is that everyone in society? Is it a really prevalent problem?

**Dr. Sunil Raheja:** I think particularly if you think about what has been described about those of us who live in the knowledge worker age. Obviously as a psychiatrist I meet a lot of different doctors and one of the things that's very very evident is that there is a greater sense of stress and burn out among doctors in all professions. Again struggling with the issue of trying to do more with less feeling that they're being stretched in all sorts of different directions. The fact that the world and life has got more complicated but it's the same in business circles, it's the same I think in whatever area which you look at.

**Andrew Horton:** And what are some of the things we can do to cope with stress, Sunil?

**Dr. Sunil Raheja:** I think one of the first things to start off with is to realize that it's actually not new. Every age thinks its the most stressful age that ever was and its if you like, the base line keeps rising so you know before the advent of email and the internet and everything like that, life seemed pretty stressful then. We've talked about in the previous podcast how in the last 30

years, more information has been produced than the previous 5000 combined! So with that there is always a stress or a fear that somehow I'm missing out on something important or something valuable or something that I really need to know but you know I'd say again it's one of those things, like wisdom we talked about in another podcast, it's one of those things that is as old as the hills. Hans Selye was the endocrinologist and also Nobel prize winner who, as it were, brought the whole idea of stress into modern parlance and he actually won the Nobel Prize for that in 1936. And he proposed 3 stages to the stress response. The first was what he called the alarm reaction or the *fight and flight response*. You know when you feel angry or frightened there are hormones from your adrenal glands that instantly prepare your body for emergency action. Your blood sugar levels rise and your heart rate starts to pump. You know very very important reactions you know to deal from immediate danger. You know if a tiger's going to get you or you need to rescue somebody who's in extreme danger, you need that sudden burst of energy.

But in our 21<sup>st</sup> century world, the same reaction is triggered by the challenges of modern life such as sudden work pressure or demands coming from all sorts of directions. And because of technology those demands are constant, so they don't ever switch off. You know we are literally a 24x7 society. You can answer your emails at anytime day or night. You can get messages back you know wherever you are in the world and so that creates a sense of being on the edge all the time and so we're never able to switch off. So whereas in the past you know if I was running away from a wild animal or something like that I would then know that the threat is gone. I am still...can live on that sense of tension indefinitely because I never quite know what the next email's gonna come in or what that next phone call will be or what that next message will be that could completely rock my world. So that's the alarm reaction, and if that carries on continually then Selye talks about this state of resistance where you feel continually threatened, your body continues to be in a state of constant, what's called sympathetic nervous system arousal, and that can last weeks or months, maybe even years. And if you carry on like this, you'll begin to feel anxious, fatigued and your mood will start, you know, varying enormously. And again that carries on long enough, and then you'll reach exhaustion stage when the threat becomes chronic and can lead to what's commonly called burn out with reduction body energy, with reduction immunity, with significant risk of high blood pressure, heart attacks, strokes, ulcers. It gets worse and worse.

**Andrew Horton:** So what are some of the myths that we tell ourselves about stress then, Sunil?

**Dr. Sunil Raheja:** Yes, that's a great question, Andrew. I mean there are a huge number of, if you like lies that we tell ourselves about stress. One of them maybe is that somehow or other we are living in a more stressful age. And I would say no, I think, maybe we are more aware of things that can go wrong, but every age has its stresses. I think as an example of that, the apostle Paul writing in the New Testament, this is from 2 Corinthians 11 from verse 23. Just listen to Paul's account of his life and I'll just read it to you. He says, "I have worked much harder, been imprisoned more frequently, been flogged more severely, and been exposed to death again and again. Five times I received from the Jews the forty lashes minus one, 3 times I was beaten with rods, once I was pelted with stones, 3 times I was ship wrecked. I spent a night

and a day in the open sea. I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles, in danger in the city, in danger in the country, in danger at sea and in danger from false believers. I have labored and toiled and often gone without sleep. I've known hunger and thirst and have often gone without food. I've been cold and naked. Besides everything else, I've faced daily the pressure of my concern for all the churches. Who was weak and I do not feel weak? Who was led into sin and I did not inwardly burn?" Now reading that, listening to that, does that sound stressful to you? I mean..

**Andrew Horton:** It sounds pretty stressful, yeah.

**Dr. Sunil Raheja:** And I think that's probably one of the big things that we've got to really grasp hold of, is that every age has its stresses. I just read to you the Apostle Paul. But let me give you an atheist writer as well. The Pulitzer prize-winning author Ernest Becker in his book 'The Denial of Death'. He puts in like this, he says, "I think that taking life seriously means something like this: That whatever man does on this planet has to be done in the lived truth of the terror of creation. Of the rumble of panic underneath everything. Otherwise its false." And he's chosen his words really carefully. "...the rumble of panic underneath everything." And I think in our modern world, we're more and more aware of that. I mean yes, in previous generations obviously, mortality was much greater, natural disasters happened. It was a much more brutal age (well I imagine that could be arguable really). But I think in our western world it's not like what some of the things that have happened in other parts of the world. But there is something about this rumble of panic. And you pick that up in the media, in the newspapers. Sudden awareness of something terrible, some disasters. And we're aware of that more, because we see those disasters on our TV screens, in our newspapers, on the internet. An event has to happen on the other side of the world, and I know about it within 30 seconds...

**Andrew Horton:** They call it an 'Age of Panic', don't they?

**Dr. Sunil Raheja:** An age of panic, exactly. And that's really always been there. I mean on a personal example, I remember I was doing my, what was called the, A-levels. And I was at the end of my first year at A-levels. And at that time there was someone called Ronald Reagan whose was elected as President of the United States. And the whole media at that time was talking about how this B-movie actor was going to become President of the United States and how that was gonna be so terrible for the world and that how we were going to have a nuclear war with the Soviet Union and how we were all going to be wiped out. And there were even sort of programs on the TV about what to do in case of nuclear fallout. And I remember walking to school thinking what's the point of anything? You know Ronald Reagan's elected as President of the United States, that must have been about 1980 I think, and that means in a little while we're gonna have a nuclear war with the Soviet Union...we're all gonna be wiped out...what's the point? And I actually remember thinking that, walking to school one day.

So yeah, I think that's probably one of the big myths that we tell ourselves is that somehow or other there was a quieter, more peaceful, a simpler a less stressful life...and I don't think there was. So that's one huge myth.

But there are lots more. Another would be this issue that we think that stress is something that happens to us. And you know I mentioned Hans Selye, who in a sense brought the word 'stress' into common parlance. Well, a little before he died, he actually apologized to the medical community for making a serious mistake with his stress research. He confessed that he should never have used the word 'stress' and he should've called it 'the strain syndrome' and the reason for that is the word 'stress' has created the perception that it's something that happens to us and is continually acting on us. So he makes me so stressed, my work makes me so stressed, I'm so stressed by the economy, for example. But the reality is that we have to make a distinction between the external pressure if you like, the stress and the internal effect which is called the strain. So our response to the external pressure is at least as important as to what is actually happening inside us. And again that's an area of wisdom, which we talked about in a different podcast and on the DrSunil.com website as well. When I realized that, that actually it's the way that I look at things that is as important as what is happening to me, then that opens doors to getting control of the different pressures that we face in life. So that's another big, big myth. This idea that stress is something that happens to me. When actually my response to what is happening to me, is just as important.

**Andrew Horton:** That's fascinating I think that people need to understand the myths to be able to know where to move forward. That's right isn't it?

**Dr. Sunil Raheja:** Absolutely and so there are those two big myths. Other big myths are this whole idea that stress is normal, that it means that you're important and pushes you to perform at your best. Again as doctors unfortunately that's a lie that we very much believe. This idea of being the 'Lone Ranger' who has to be so busy, who's rushing from one thing to another, feeling very important about whatever they're doing. That's self-generated stress. I'd argue stress is not normal and it doesn't mean you're important and it does not necessarily mean it pushes you to perform at your best. There's something called the Yerkes-Dodson curve which is, if you like, I think a bell-shaped curve, and what that shows is that as the level of arousal increases, then our performance increases. So you do need some...so I don't want to say that stress is all bad. Some stress is good. You know if you didn't have some stress, you wouldn't get up in the morning. So you need some stress. And you know a degree of stress is healthy. So for example, the Olympic athlete who is in that race to win the gold medal needs to have a degree of stress to think, to really perform at their best. And often in events like that and the Olympics, World Championships in whatever sport, you have those world records that are broken because the environment and the challenges and the performers around you, the athletes around you, the pressure is getting you to perform at your best. But if that athlete if you take the example of the Olympics, if that athlete says to themselves, 'Well here I am, it's the Olympic games, it's the final of the Olympic games. This is gonna be my last chance to get a gold medal. I'm here against all these people. If I don't win this match, if I don't win this race then I'll never get another chance for 4 years. It might be the last chance I ever get in my life.' If

they start talking to themselves like this, and they keep talking like that, they're gonna go on the other side of the Yerkes-Dodson curve and put themselves under so much stress that they're gonna collapse...

**Andrew Horton:** Its interesting isn't it, cause a lot of times you see in sort of the Olympics that world records are broken in the finals, aren't they, rather than the heats because they've obviously got the right balance there between the stress and the performance.

**Dr. Sunil Raheja:** And they've got that right level of focus and mind control. They're stressed enough to realize the importance of the event to bring out their best. But they are not so, as it were engaged with what's going on around them, that it begins to overwhelm them. And you know you see that you know, with people who get exam nerves for example, and exam anxiety. That's again, it's the event, the exam or the race becomes way too important. And so that mastering stress is being able to stand back a little bit from it. It's important but not too important, as it were...

**Andrew Horton:** And I suppose also its about focusing on the moment that is important isn't it, Sunil?

**Dr. Sunil Raheja:** That's right and it's finding the power and the strength in the moment. So stress can certainly make you perform at your best but not necessarily, okay?

The other big thing is stress is caused by working too much. And again I think that's another myth we tell ourselves that somehow if I had a quieter day...well actually no, I mean I think a quieter day does not necessarily mean that you're going to make the right decisions and, you know, we have that phrase, isn't it, 'an idle mind is a devil's workshop'. And a classic Biblical example of that is David and Bathsheba. David, it says in the Old Testament, it talks about how, it says there at the time when kings go to war David chose to stay at home away from the battle. And he goes, and he basically decides that he's gonna laze around and have a nap. And he gets up and he goes to the top of the roof, and he sees a beautiful woman bathing. And his heart lusts after her and he commits adultery and he then goes on to commit murder. And he creates enormous stress for his life, and that you could argue, that stress was caused not by working too much, but by not doing the things that he should have been doing...

**Andrew Horton:** So it's about getting that healthy balance and also not kind of living looking at the future in the negatives, but living in the present and looking at the positive.

**Dr. Sunil Raheja:** Yes and exactly. And but as I say it is this balance because the other myth again is that stress is caused by working more. You know you have there people say is that I only work best when I've got an imminent deadline, or I work best under high stress because it enables me to give out my best, because I thrive on chaos and tight deadlines. Well okay, maybe you do, maybe you are a type A personality, maybe you need that. But again the danger of that is you get that addiction to adrenaline and that adrenaline rush which scientists say is as powerful as a rush of heroin, you know, causes a great sense of euphoria and excitement. But

that in itself can become addictive and, as we talked about earlier on, this continual tension on my body if I don't balance it out will create its own toil upon me.

**Andrew Horton:** Sunil, can I ask you a question about something that affects me which is about Facebook notifications. We talked about that a little bit earlier. About Facebook messages and Facebook notifications. Now I think this is a really interesting, modern example of modern day stress how we wait for those red numbers to come up on our Facebook page, so that we can see if people have 'liked' what we're doing, or approved of what we've said and that sort of thing or what we've posted. But when you don't get something like that, it can be quite stressful. In a kind of a micro way, but its interesting isn't it that this is kind of indicative of the modern life?

**Dr. Sunil Raheja:** Yes and what's happening is that we're losing that sense of control of the here and now. I know exactly what you mean. My phone that's on my belt, around my waist it'll give a small vibration when a text message comes in, or when there's an alert on my calendar but I've switched it off for things like the, I use WhatsApp for example, that's cause I have lots of WhatsApp messages coming through, or you've got emails coming through...you want to switch those off because otherwise what you are creating is what they call an addiction to...there's a dopamine addiction that happens at that point. And you begin to start craving that. And again that's certainly not healthy.

**Andrew Horton:** And people are now going on retreats, sort of non-technology retreats, aren't they so they can leave their mobile phones and their devices at home and go away for a weekend or a week and get sort of some rest from this constant bombardment of notifications and messages and things.

**Dr. Sunil Raheja:** No exactly because if you think about it again we were never made to be 24x7. We were made for rhythms of activity and then rest. Activity and then rest. And you can carry on indefinitely so long as you balance those periods of activity with periods of rest. But the periods, if they're intense periods of activity, you need intense periods of rest as well. You cannot just keep going indefinitely. And again we try and kid ourselves and there's almost, it's certainly in a lot of circles and I think medics and doctors are very prone to this, as are bankers, as are a lot of corporative executives. To thinking that there's something macho, about me proving that I can pull an 'alnighter' and get the stuff done and just keep on working, keep working.

Well no eventually, you will you know you will get the toil of that. And it's just so out of harmony with nature and with the way that we were created. I mean I'll give you a funny example. You know, I mean all of us, you know maybe you know before an exam have really tried to put everything in, you know, maybe studied all night and then maybe passed the exam, but not really learned anything. Not really had an education. And if you think of the ridiculous example with say a farmer. What would you think of a farmer who didn't plant his seeds, who didn't bother about watering or nurturing them, and then when it came for the time of harvest in the autumn, basically went to the field having done nothing all year and started pouring

water on them and maybe getting a hair dryer to try and get the plants to grow. It just wouldn't work! You need to...

**Andrew Horton:** ...the rhythms...

**Dr. Sunil Raheja:** You need the rhythms. The rhythms are so important. And again, in the book of Genesis, it's very interesting, when it talks about when God created the Heavens and the Earth and created the creation. In chapter 1 he says, it was evening and morning the first day. Evening and morning the second day. Evening... you know, it's this rhythm. And we need to live with those rhythms. And unfortunately, technology doesn't give us that. And there's always one more email to answer, there's always one more Facebook message to read, there's always one more thing I could do. And we're a bit you know, like the myth of Sisyphus if you think about the guy who was condemned to basically take a rock to the top of a hill, see it fall down, and then take it back up again, forever and ever. And unless we get those periods of rest, we're gonna find ourselves exhausted, burned out, cynical, discouraged, disillusioned, angry and bitter.

**Andrew Horton:** So, is there anything else we can do sort of practical examples, or practical things we can do to cope with our stress, or to live a life that is less affected by the stress?

**Dr. Sunil Raheja:** Yes, I mean there are a number of things Andrew. Before I go into them one of the things I would encourage our listeners to do is to go to the website at [DrSunil.com](http://DrSunil.com) and there is a very fascinating video by somebody called Dr. Mike Evans who talks about the single most important thing you can do for your stress. It's an eleven-minute video. And he very entertainingly, goes through the research about stress, and some of the things that we can do in our lifestyle to try and manage that. And we've already talked about this; the single most important thing is the way you think. That's the biggest thing. But I'd really commend you to go to that video. If you just go to 'How do I cope with stress in my life-Part 4' and you can access that from the search page. That'll be a very good, useful eleven minutes for you I think.

Because as we've talked about, he points out that there's both a negative and a positive side to stress. And the fact that managing stress is like regulating the pressure in a bicycle tyre. Just enough to keep rolling, but not so much that if you hit a bump in the road, you don't explode. So, you know, what are the factors that help us to be more resistant to stress?

I think the first thing is how much control you feel you have. If you can create oases of control in your life, then that's going to be a better way to manage stress. One of the things that, an example that comes to mind, and again I think of another stressful situation, is a famous psychiatrist called Viktor Frankl who was in the concentration camps in Nazi Germany. And you can imagine, huge stressful scene, being tortured and seeing people being brutally treated. But in that concentration camp he realized that there is a part of me that no one can control and

that's my mind. And so he began to think about what are the lessons I'm learning by being in this concentration camp? What are the lessons I'll teach my students when I get out? And he created this sort of oasis in his mind. So he created something that he could control. And that gave him the strength to deal with what was an enormously stressful situation. Another more recent example is John McCain, who was a prisoner of war in Vietnam, and I still find this amazing. He was in solitary confinement for long periods of time. But one of the things he would do, is he, and I don't know how he did this, but this is well documented and he talks about, is that he knew a number of golf courses in United States and he knew them intricately, so he would play golf in his mind, as a means of dealing with the boredom and the stress of being in solitary confinement.

**Andrew Horton:** ...sort of imagining each hole and each stroke and that sort of thing...

**Dr. Sunil Raheja:** Yes that's right. So this sense about how much control you have, if you can find areas of control, then that's really important. Then the other big factor is the richness of your social networks with friends and family. Being connected. Not connected through Facebook, okay that has its place. But actually having people who you can be open with and be honest with, you can laugh and joke with. Who you can say "Oh, I'm having a terrible day" or you can just, you know, be, you know, who love you and you love. That is more beneficial than losing weight, that is more beneficial than giving up smoking. Huge health benefits from that and huge capacity to handle stress. The other big thing is you're openness to change. I mean you can hear all this but if you decide no, my situation is unique and there's nothing I can do about it, well I'm afraid you're right there is nothing you can do. But if you are willing to be open to change, then literally the world is your oyster then. Literally things can change dramatically.

On a humorous note, have you heard that joke, How many psychiatrists does it take Andrew to change a light bulb?

**Andrew Horton:** I think I know the answer to this. Go on...

**Dr. Sunil Raheja:** You only need one psychiatrist to change a light bulb. But the light bulb must really wanna change! And that's the whole point-you're openness to change.

Then the other thing is a positive attitude, like optimism. You know the glass half empty, the glass half full kind of person. And again, I would challenge our listeners on this. I mean I am by nature, and again this surprises people when I tell them this. I'm actually a glass half empty kind of person. That's why maybe I'm so interested in all these subjects because I feel I need it more than anybody else. That's why I struggle through these areas. But optimism is a skill that can be learnt. And I was pulled up short about this a few years ago, when as a family we have this sort of fun exercise of giving each other nicknames. And my children decided to gave me a nickname

that shocked me, and it really pulled me up short. They decided to give me the nickname 'Puddleglum'. Now for those of you who don't know 'Puddleglum' is a character in the C S Lewis Narnia series, who is a very dour, very morose, very negative, very glass half empty kind of person. And I thought this is how my kids see me and that was the part of the catalyst thing. I've got to change. And I think the exciting thing though is, and I would vouch for this from my own experience, is that actually you can change. You don't have to be a glass half empty kind of person. So that's the positive thing about optimism. That's very important. And then the other thing is the self-care skills like regular exercise, sleeping well, avoiding junk food, enjoying your friends and family we talked about.

But you know the big trick I think that people miss is that when life gets stressful, what we say to ourselves is, "I'm too busy to dot, dot, dot", whatever it is. To enjoy myself, to relax, to do things that I know that energize me. Well no, this is the trick. Is that when life gets busy and stressful, do more of those things that fill you. You've got all these things in your life that are draining you. Well, make sure you've put in those times that you do those things that fill you. So an example for me, is that when my life gets stressful, one of my things that fills me up is regular exercise. So I swim regularly, I go to the gym regularly. And when my life gets stressful, I make sure that I'm doing it. Just as much if not more often because that's my way of, if you like, getting that sense of control as well. And so that when I'm facing a challenge, I can bring my best self to it, rather than being continually deflated and exhausted. So you know, I talked about Mike Evans. In his video, he talks about how your brain can literally become a volume dial that can turn your stress level up or down. And you can do these things to really make a difference. And you know, so it's our ability to choose one door over another, and to take control of our life that can really be the game changer in this.

**Andrew Horton:** That's fascinating and I think it does relate to what we've talked about in another podcast about wisdom, isn't it? About taking a step back and looking at the way, the things that cause you stress and the things that are affecting our life negatively. But Sunil can we just look at some Biblical perspectives now because I think there's some great things to be drawn out from the Bible and from a Christian perspective on how we can cope with stress.

**Dr. Sunil Raheja:** Yeah I'm glad you raised that Andrew because the issue is that while the modern approaches to stress are helpful, they encourage a bit of balance in life, they help us deal with negative thoughts, the importance of exercise and relaxation, we have to still get to the foundation of why am I here and how am I living my life. What are the things that are most important to me. And rarely in modern life are we encouraged to think about those bigger questions. And I think because we don't think about the bigger questions, that makes us more stressed, because we start running to things thinking that if I, for example, if my life was more organized okay, then I would feel a degree of less stress. Well yes you would probably, in the

short term. But there is still that gnawing sense of what is my purpose, what is the most important thing for me. You know sorry to sound too negative, but I wouldn't want it to be you know, just organizing one's life, could be a bit like you know, organizing the deck chairs on the Titanic. Okay? If the ship's not going in the right direction, then no matter how organized you are, you'll get to the wrong place faster basically. So unfortunately I think a lot of our life doesn't really ask those questions, I mean...Obviously I work in the NHS and I've visit many hospitals, been to many clinics, been to many therapeutic centres, and I'm sure some of our listeners have come across on walls in many of these places there is this prayer which is a helpful prayer which goes, 'God give us grace to accept with serenity the things that cannot be changed, courage to change the things which should be changed, and the wisdom to distinguish the one from the other.' And I'm sure you've come across that somewhere, Andrew. It's everywhere and it's helpful. But you know I've always felt it somehow doesn't feel enough.

**Andrew Horton:** So tell us more, why is it not enough?

**Dr. Sunil Raheja:** Well first I thought it was enough. But about a few years ago, I came across the whole prayer and when I tell you the whole prayer, you'll maybe understand why it's not widely circulated. But I'd say actually it's a fantastic prayer about how to live in a stressful life. And, you know, it builds on wisdom really. And just to say that the prayer is under 'How do I cope with stress in my life-Part 5' on the website. But let me just, let me read to you the rest of the prayer. So the first part remember was 'God give us grace to accept with serenity the things that cannot be changed, courage to change the things which should be changed and the wisdom to distinguish the one from the other.'

But the prayer then goes on, and it's by a guy called Reinhold Niebuhr, a theologian. And he says, 'Living one day at a time, enjoying one moment at a time. Accepting hardship as the pathway to peace. Taking as Jesus did, this sinful world as it is, not as I would have it.' And that's where the stress is because the world's not going how I want it to go and I'm getting angry, I'm getting frustrated, I want it to go my way...

**Andrew Horton:** ...you want control, don't you?

**Dr. Sunil Raheja:** ...Yeah but I want to take as Jesus did, this sinful world as it is, not as I would have it, trusting that you will make all things right if I surrender to your will. Cause that's where the battle is! I'm getting stressed because my life should go my way, and because it's not going my way I'm getting angry and frustrated. But I take the example of Jesus who said, "Not my will be done, but your will." Trusting that you will make all things right if I surrender to your will.

And then I love this last section, "So that I may be reasonably happy in this life, and supremely happy with you forever in the next." And can you see the beauty of that is that all my eggs are not in this life. All my hope and expectation is not in the here and now- that I don't have to

have everything going my way. It gives me the power and strength to deal with the challenges that come and which will come. It ties up again with one of my favourite quotes from Tim Keller which is that, "In Christ our bad things can turn out for good, our good things can never be lost, and the best is yet to come." That's I think, you know that's the sort of, the conversations we've gotta have with ourselves, the sermons we've gotta preach to ourselves when we deal with the tough realities of life.