

# Stress-Free Living

Tips to develop a 'positive attitude' in life

by Nancy Ho



**THE KEY TO** achieving a positive attitude is to have a clear mind to think and feel like a winner, naturally! However, most often, you have so much going on in your life! There are a million different projects to finish, to-do lists and expectations to fulfil, and deadlines to meet.

You worry about things – money, family, relationships, and deadlines. With all these buzzing in your head, it is often a nightmare trying to concentrate on one thing. It is hard to stay positive because of all the stress. Stress clutters your mind and gets you confused, which leads to unnecessary negativity in your life. Let's unclutter your mind and start by recognising the leading causes of stress in your life in order to gain perspective.

## What is the leading cause of your stress?

### 1. Finances

Most studies agree that finances are a

leading cause of stress. Financial stress leads the list in many modern polls. Those who list finances as the leading cause of their stress base it on their big-ticket item purchases, such as a home, car, electrical household items, etc. Others stress over paying for education, weddings, holidays, etc. Some people stress over a loss of income, mounting credit card debt, and insufficient funds for their retirement.

### 2. Work

Closely tied to finances as cause of stress is work. How is the workplace a cause of stress? Some worry about keeping their employment. Others worry about new responsibilities, overwhelming demands, climbing the corporate ladder, change of work conditions, politics, and interpersonal trouble at the workplace. There are times when other people bring on the work stress. Sometimes, they bring it upon themselves.

### 3. Family

Family can also become a leading cause of stress. These include arguments with a spouse or another family member, crisis such as parents' divorce, a sick family member, a serious injury, and miscarriage or abortion. The ebb and flow of family life, such as children getting married, a child moving out, an ageing parent moving in, adoption, relocation, and job changes, can cause stress for everyone.

### 4. Personal Concerns

A lack of control tops the list of personal concerns. Every human being has a deep-seated desire for control over his or her own life. When control is weak or missing in a given area, we experience stress. For many people, a lack of control over their own time is a cause of stress. You would want to control your time, rather than let others or their demands control it. But that is not always possible.

### 5. Personal Health and Safety

Some people find personal health a big cause of stress. The stress may be linked to being overweight, or having obsessive behaviour, such as smoking and drinking too much, eating too much, or spending too much, etc. Chronic illness, pain, or injury, whether serious or not, are also a great cause of stress for some people. Personal safety, such as crime factor in some countries, is also one of the leading causes of stress.

### 6. Personal Relationships

Relationships – whether friendship, dating, separation, marriage, divorce,

### Win or Lose

Causes of stress change as we evolve in the different stages of our lives. Gaining knowledge of the leading causes of stress is important so that you can use this understanding to win over unhealthy stress.

Now, that you can identify your cause of stress, you'll gain clarity through insight and understanding of The Three Principles based on the late Sydney Bank's work. An insightful understanding into how your experiences in life are created is the key to psychological freedom, hence positive attitude in life

thinking. It brings your THOUGHT-generated experiential reality to life. You are always living in the feeling of your thinking, and it is the CONSCIOUSNESS that enables you to experience it.

**Thought.** The ability to create images and form ideas. The tremendous gift we have as human beings to create our own emotional realities. This refers to your innate capacity to generate a perceptual reality, an outer and inner world that you can see, hear, feel, taste and smell – the source of your countless thoughts and perceptions that arise throughout the day.

The human being has the capacity to realise these principles insightfully and see through the outside-in misunderstandings to gain clarity. The principles allow an in-depth understanding of how the mind works and how life works. Your clarity of understanding is the key to psychological freedom, the source of positive attitude. It also holds the key to living a life of passion, purpose, focus, and direction that will help you to thrive. It generates authentic happiness, joy,

contentment, and aliveness. Your ability to 'be in the present' and 'live in the now' becomes your natural state. eh

## Six Keys to Achieving a Positive Attitude

1. Realise that the external world holds no power over your peace of mind.
2. Understand that this peace of mind comes from a deeper, quieter source of thought.
3. Realise that you create our own mental suffering via the Three Principles: Mind, Consciousness and Thought.
4. Live a positive and gratifying life that lay within you, beyond your limited personal thoughts.
5. Know that your state of mind is the lubricant for all that works for you or against you. With the power of insight, we can eradicate this devastating mind-virus.
6. Understand that everyone has access to their own insight – wisdom, common sense, and personal security are your birth right, regardless of circumstances.



or re-marriage, and even in the office amongst colleagues, subordinates or superiors – can be a cause of stress for many. We all want love and acceptance, and when that is threatened, a tremendous amount of stress is experienced by many individuals.

### 7. Death

One of the most overwhelming causes of stress is the death of a loved one, a close friend, and even a pet.

### The Three Principles

**Mind.** The mind is the formless energy and intelligence of all life. It is the 'power source' behind life. Some cultures and fields call it life force, universal energy, chi, nature, the Great Spirit, God, the no-thing.

**Consciousness.** The ability to be aware of reality and how reality is created for each of us. It refers to your capacity to have an experience of your



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