

All In Our Minds

Dear Penfabricans,

We all know that empty vessel makes the most noise! However, what happens to an empty mind? When our mind is empty, we begin to wander and wonder. Wasteful thoughts and wild imagination start to take possession of our mind! Hence, it is important to keep our minds filled with meaningful thoughts or important issues. Just do not give a chance for our mind to wander and wonder. At the same time, how do we cope with the many mixed thoughts and aggravation in our daily life?

At work, we encounter many stressful moments. How do we cope with such stress without losing control of ourselves or going out of our mind? Most of us encounter stress at work, at home and sometimes even at play when things do not go our way. Many a time, we feel cornered for decisions in a stressful situation. We just could not come up with appropriate decisions, solutions and comments! We feel like running away to hide in a corner. When we are at the juncture or in the heat of a stressful moment, do not despair. Hold on! Stop for a minute. Take in a few deep breaths, loosen our arms, shrug our shoulders, and thus buy some time to release the stress. At the same time, we need to know that nothing can make us feel stressed without our conscious permission. Are we feeling stress because we feel we are stressed? Feeling stressful? Acknowledge the stress. Calm our minds so as to take control of our stress. Take control of the situation. Take stress into proper perspective to handle the situation with calmness and proper state of mind.

In the first place, we should not let ourselves into a situation whereby we are caught unaware of the situation. Preparedness is important in any

business. Daily, let us go through our businesses to know before hand the areas where our attention is needed. Study the various possibilities and solutions to arrive at the best possible decision. Work on it so that the decision can be carried out to avoid any stress. To be forewarned is to be forearmed. Eliminate stress before it comes into open.

Stress is all in our minds. Some people handle stress well as they take them as challenges by taking the bull by the horn. Running away from stressful situation will only make matters worse. When the stressful matter remains unresolved, the stress continues to haunt us. Take charge. Take decision. Take action. Resolve the tough situation at hand. This is the best way to handle stress.

Dear Penfabricans, all of us dislike stress. Nevertheless, we know that so long as we are alive and kicking, stress is a way of life. Know it. Prepare the best for it. Get rid of it when it comes.

Have a great weekend. Know the areas where the next stress will likely occur. Be well prepared for it.

Thank you.

With kind regards from Tokyo Haneda Airport On my way back to Singapore / Penang after Toray Budget Meeting.
HSTeh.