

Stress Management

Prof. Dr. Patrick Kim Cheng Low
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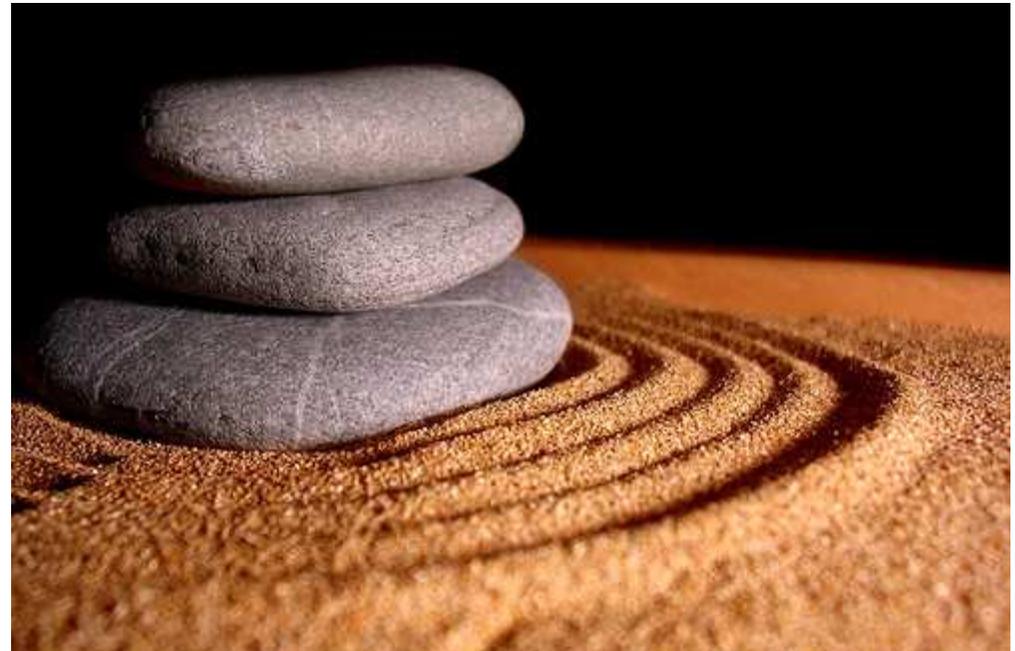


Stop Stressing,
Start Living.

Abstract: Clearly and simply written, and with reference to Lao Tzu's *Tao Teh Ching* (the "Book of Meaning and Life"), the practitioner-academician examines the key principles or practical ways of *Taoism* in managing and reducing stress; the paper is devoid of jargon. Ten essentials or pearls of wisdom, when applied, can help readers to diminish or minimize their stress. Among other things, these ten essentials include: Be detached, emulate nature and be in harmony with others, simplify and practice humility, patience and self-cultivation as well as living in the NOW.

10 Key Taoist Principles

1 Be Detached And Practice Detachment



2 Emulate Nature And Be In Harmony With Others

One Chinese proverb says, “Don’t clap with one hand.” Note that humankind surfaces from nature, and gets along most effectively by collaborating with nature, rather than trying to conquer or master it.



Simplify



3 **Simplify, simplify, simplify!**

The best things and treasures in life is simplicity.

Lao Tzu (cited in Low, 2009b) highlighted:

“I have just three things to teach:
simplicity, patience, compassion.

These three are your greatest treasures.

Simple in actions and in thoughts,
you return to the source of being.

Patient with both friends and enemies,
you accord with the way things are.

Compassionate toward yourself,
you reconcile all beings in the world.”

(Lao Tzu, Verse 67, *Tao Teh Ching*)



4 **Be Humble And Have No Self-Importance**

One should never assume or own importance,
and one will never lose it.

And this principle echoes in the following verse by
Chuang Tzu:

The cinnamon tree is edible, so it is cut down.

The lacquer tree is useful, so it is slashed.

Everyone knows the usefulness of the useful,

But no one knows the usefulness of the useless.

(Chuang Tzu)



5 Practice Patience And Be Gentle

Patience enables you to focus on the moment at hand (Sell and Roberts, 2005). Impatient, Type A people normally like to rush and they like to get things done fast; they easily stress themselves (Low, 2005).



6 Self-cultivate, Improving Oneself

Forget about all those programs that teach how to be powerful, sexy, wealthy and greedy.

No teacher can make you happy, prosperous or healthy. It said that no rules or teachings can enforce such qualities. If you want or wish to improve yourself, try silent. Just be silent, “cleansing discipline that will gradually show you your true selfless self.”

(Heider, 1994: 37). Silent can be a tremendous source of strength.

Embrace the Great Quiet.



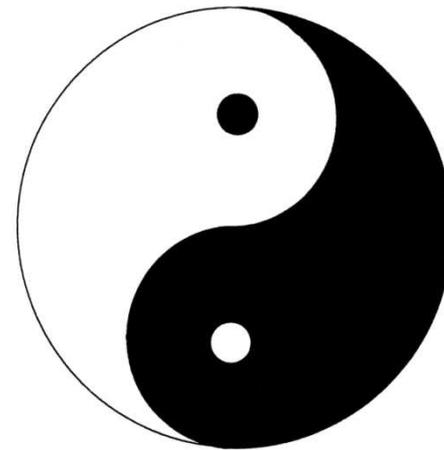
7 Meditate And Reflect

“Meditation is a pause”, a break (Low, 2010b).



8 Have Yin And Have Yang – One Needs to Work Hard And Play Hard Too!

All of us need to balance ourselves. Many people, more often than not, are very well-versed in working hard, but only a few are familiar with playing hard. Frequently, people work very hard, causing much stress to themselves.



9 Go with the Flow

A *koan* is a meaningful saying for one to reflect and ponder upon, and one such example to reflect this going with the flow goes like this: “when hungry, eat, and when tired, sleep.”

Just go with the flow, and be like water, the highest good.



10 Living In the Now

Live in the Here and Now. Celebrate life now! Enjoy life in the present moment, cherish life now; it's beautiful that way.



Q & A

Session