

Living A Joyous Life In A World That Says “Be Busy!”

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"People will show you their good side. Almost everybody has a good side. Just keep waiting. It will come out." __R. Pausch

Is This Your Average Day?

You wake up in the morning; you're grouchy, you already decided it is going to be a “bad” day; you begin complaining about not being able to get all of the things done on your “to do list,” and you don't expect much help from your co-workers. After all, you can do the work much better than they do anyway! You are also thinking about the chores your children were supposed to do, and you don't think they will be accomplished to your satisfaction either. Of course there was no time to eat a so called “healthy” breakfast; you'll have donuts and coffee when you get to work. If you're lucky, you might get to eat lunch at your desk; it's almost impossible to change your lunch environment. There's too much work to do. You are full of anger and resentment. You can't get rid of the pain in your back. For some reason you seem irritable most of the time.

By the way, when you do get to go home; is it a martini or a beer or two, or pick up the kids from soccer practice, or maybe you had to pick up the kids on the way home from work, then have a quick bite out or order dinner in, and then it's back to the office or home at work!

What Motivates You To Change?

Research demonstrates that something negative usually occurs in your life that motivates you to change your behavior or attitude. Do you have to have a life threatening event occur before you learn what is really important in life and how to balance living in a “busy world” with joy, fulfillment, peace, and fun? Why not let the stress in your life be the tipping point that inspires and motivates you to adopt life transforming habits?

Life Transforming Habits:

Embrace the Habit of Mindfulness: Mindfulness is a state in which one is “attentive to and aware of what is taking place in the present.” You have so much chatter going on in your head about what was done or not done and what has to be done that you do not pay attention to the NOW or present. When you focus on what is only going on in the very moment or pay attention to the present environment, you can achieve a state of calmness, mental clarity, and a feeling of fulfillment (Kabat-Zinn, 2007).

These moments have never happened before. What is your relationship with these moments? Your thoughts matter; let them pass by like a leaf floating in the wind. You only have these moments to choose what gets your attention. Whatever happened 10 minutes ago, happened; you have a choice to focus on what's happening right now, and not what was and not what you are thinking will happen later. Don't miss these precious moments, it's all you have. Come to stillness and take a “problem - focused” approach to the situation (Kabat-Zinn, 2008). Be the best you can be at what you do now. Practice acceptance of self-love, openness, kindness, and forgiveness.

Let Go Of Judging Everything You And Others Do As You Let Go Of Too Much Attachment To Expected Outcomes.

A foundation for reducing and managing stress is to **ACCEPT** life as it happens without judgment and to be fully aware of the moment (Kabat-Zinn, 1990). Realize the law of impermanence where nothing in life remains stable; life is uncertain. Wherever you are, the present moment contains both cause and result. Chah (2005) refers to this concept as “the present is the fruit of the past and the past is the cause of the future.” It is where everything comes together. That doesn’t mean we don’t plan for the future. “We take care of the future by taking care of the present now” (Kabat-Zinn, 2007). When you are accountable and responsible for your actions, accepting the present, letting go of judgment, and trusting yourself, you will discover new opportunities to achieve new and desired outcomes making the best of your resources and making the best of what you made.

These are habits I adopted that led to my transformation after having lived through pancreatic cancer, pancreatic surgery and learning how to live as a type I diabetic without resentment, anger, and fear.

- I deliberately focus on seeing beauty and good in the world.
- I deliberately focus on interpreting many more things as positive.
- I practice mindfulness everyday.
- I read spiritual books by inspiring authors.
- I lowered my judgmental quotient by 75%.
- I have truly let go of too much attachment to expected outcomes.
- I live in my heart broadening spiritual emotions such as love, gratitude, awe, and transcendence.

I am fully at peace, living a life full of fun, joy, fulfillment, love, and working everyday either writing articles and new e-books about happiness, play, and living fully in the moment or giving presentations on how to “Live Life Laughing.”

I forgot to mention, I gave up the fear of dying from cancer. I choose to be alive while I am alive. You can too. You don’t need any more stress than you have already given yourself.

These habits only work if you are ready to take action and practice. There is no magic pill; only the acceptance of life as it comes to you, the readiness to be attentive to and aware of the present and letting go of becoming too attached to expected outcomes. If you allow yourself to exhibit kindness more often, and let go of having to be right, of having to have the last word, of complaining about everything, and let go of needing permission to laugh and have fun, you can live a joyous life filled nurturing what is deepest and best in yourself. There won’t be enough space on Facebook® to include all of the people who want to be your friend!

Was your day filled with things that made you feel joy, made you feel fulfilled and at peace in a world that says “Be Busy”? If not, what do you need to do in order to feel fulfilled?

I invite you to visit www.cancerrocks.com to learn more about connecting mind, body, & spirit in order to adopt transforming habits to live with joy, peace, and fun and opt in to receive my “Healing Ideas” newsletter.

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