

## **A POSITIVE MINDSET LEADS TO POSITIVE RESULTS**

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*Published on 2 April 2020*



All of us wish to be happy. Try to look at everything around us. Don't we realize that all of us are facing different challenges and fortunes? We are struggling in our own ways. Who says that being a happy person is easy?

There can be times when we feel tired with our own lives. We just want to lie on bed for hours doing nothing, scrolling through our social media, even when we have many other things to do, right?

In Surah al-Baqarah verse 286, Allah SWT says: "Allah does not burden a soul beyond what it can bear." From this verse, we can interpret that whenever we feel overwhelmed by certain pain or obstacles in life, it is important to remember that Allah SWT tests those who are able to handle it.

By understanding that each hardship is created specifically for us to overcome, it empowers and gives us confidence knowing that Allah SWT is aware of our strengths more than we understand ourselves.

We will eventually get stronger over time through the hardship that we face, as we may experience failure, keep on struggling and later achieve what we hope for in life.

Consequently, we can only see how much we have truly improved as an individual when we are tested with variety of situations and meet different kind of people.



The key here is we should always believe in ourselves and have a positive mindset, and soon, positive results will come to our lives. This attitude is very important because being pessimistic will only lead us into having a poor health and stressful life.

A study by Mental Illness Awareness and Support Association (MIASA) shows that causes of depression are commonly related to stress from multiple work responsibilities, hormonal fluctuations, lack of social support, physical abuse and traumatic life experiences.

In the case of multiple work responsibilities, we can relate it to the student's life. For instance, alongside of the abundance of assignments, we strive to fulfill our parents' hope by trying to get

good pointer for every semester, if not the highest. In addition, a commitment to the associations that we are involved in is also part of responsibilities as a student.

It will be very hard to get over those hurdles if we feel that we are alone, when the truth is, we are not. We have our parents' prayers, our friends and families' support, and most importantly, we have the Almighty to guide and help us in every situation.



Before giving up, rethink why we started. Remember back what our dream is and to whom we want it to be dedicated to. In order to succeed and achieve happiness, there will always be obstacles but fear not, as all our efforts will be rewarded by the Most Gracious, Allah SWT.

A famous young motivator, Aiman Azlan once said, "Take a break if you are tired but don't give up as the journey of life is long."

Hence, always remember that the most beautiful smile comes after the most painful tear. Stay positive and keep in mind that every cloud has a silver lining.