

STRESS! RELIEF

humour and helpful tips to enhance your life

The 3 pieces of advice the world's smartest man shared with his kids before he died.

Stephen Hawking became a top physicist while suffering from a debilitating disease.

"Life would be tragic if it weren't funny." - Stephen Hawking

At the age of 21, Stephen Hawking was diagnosed with amyotrophic lateral sclerosis (ALS), a debilitating disease in which you lose control over your muscles. Given only a few years to live, the future physics genius became severely depressed. His doctors advised him to go on with his studies, but Stephen felt otherwise.

In his mind there was little point in even getting out of bed. However, over time his spirits began to be lifted. Knowing that this was something he couldn't control, he launched himself into doing the things that his physical condition still allowed him.



"My expectations were reduced to zero when I was 21. Everything since then has been a bonus." - Stephen Hawking

Despite the dire prognosis, life turned out much better than expected. Stephen went on to live to the ripe old age of 76, passing away on the 14th of March, 2018. While he couldn't do much with his body, his brilliant mind was able to tackle problems that most ordinary mortals couldn't.

Stephen Hawking the scientist contributed much to understanding how the universe works, but arguably his greatest message to the rest of humanity was his positivity. Even a debilitating illness didn't stop him. Always remember this lesson from the great thinker: No matter your circumstances, you can rise above them and become a success.

Advice Hawking Gave to His Kids

Stephen Hawking was a man full of wisdom. In a 2010 interview with ABC News anchor Diane Sawyer, he was asked about the advice he would give to his children. His reply was breathtaking:

"Here are the most important pieces of advice that I've passed on to my children. One, remember to look up at the stars and not down at your feet. Two, never give up work. Work gives you meaning and purpose and life is empty without it. Three, if you are lucky enough to find love, remember it is rare and don't throw it away."

Stephen had been married twice, fathering 3 children. The oldest, Robert, became a software engineer. His only daughter, Lucy, is a writer who co-authored a book with her father. His youngest son, Tim, went in another direction, joining the corporate world. No matter their walk of life, the kids took their father's advice to heart. When he passed away, they repeated one of his lessons in their eulogy:

"It would not be much of a universe if it wasn't home to the people you love. We will miss him forever."

"Remember to look up at the stars and not down at your feet"

Most people go through life just looking at their feet. They forget to stop and look up. However, greats like Stephen Hawking spend a lot less time staring at their shoes, and a lot more gazing at the stars. For it is curiosity and wonder that are the keys to creativity. Research has shown that they are at the origin of discoveries, big and small. Awareness, excitement, and exploration are all essential building blocks of wonder, which in itself is important for the process of creation.

Much of Stephen Hawking's work focused on theoretical physics. Black holes were his passion. These are regions of space-time where gravity is so strong that it sucks in all the

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