

peace in chaos

tranquility or calm; inner or outer



How do we cultivate peace in the midst of discord, uncertainty, fear, stress and deadlines?

It can be hard to remain calm as the chaotic winds of life whip up around us, but it's a critical skill to learn. When we learn how to keep ourselves cool and collected in the intense and high-pressure moments, we make it that much easier to find the silver lining in any situation.

No matter **what** situation you find yourself in, or what your circumstances are — it's possible to keep yourself calm and keep yourself in the right state of mind to conquer whatever obstacle you're faced with. Learn how to respond more efficiently to the pressures and stress factors in your life, and you'll discover how to find peace in any given situation.

SERIOUSLY EFFECTIVE TIPS TO CULTIVATE PEACE IN CHAOS

Get real about control One of the greatest frustrations in life is that many things are out of our control. The promotions we want, the relationships we rely on — they all lie not in our control, but within the control of others. When you break that down even further, even those decisions are often outside the control of the other parties either. So what can we control in our lives? Our reactions to the chaos and the way we choose to carry ourselves through it. *Be honest about the things you can control and the things you can't.*

Come back to the breath This is a practice we can all do any time, anywhere. Everyone has 30 seconds to focus on breathing. *Simply notice that you're breathing*. Follow the breath through your nostrils, down your throat. Feel it expand your lungs and chest, and breath it into your abdomen. When you feel sad, angry, indignant, stressed-out... stop for a moment and feel your breath. This breath is life; this oxygen keeps the body going.

Acceptance Another practice that is extremely helpful is acceptance. "We can't argue that we are where we are." For such a simple, everyday word, acceptance is a deeply profound experience. *Accepting what is doesn't mean we like a situation or don't work towards change*. That's the biggest misconception.

True acceptance is the ability to acknowledge the reality of a situation without resistance. We don't have to like, want, choose or even support the situation. We simply recognize that it is what it is.

Look for moments of positivity, joy or pleasure. If you're feeling stressed, simple activities like going for a walk in nature, petting a dog or cat, kissing a loved one, and *even forcing yourself to smile*, will trigger a release of dopamine and serotonin and assist with mood, short-term memory and focus.

REMEMBER YOU'RE ONLY HUMAN

The "perfect human" doesn't exist: everyone has strengths and challenges. ~ We're all fallible; we all make mistakes.

Everyone needs help occasionally: we all need support. This is part of being human. We may believe that not asking for help shows strength, but an emotionally mature person will show vulnerability and acceptance.

You are not made up of metal that refuses to break. You are not made up of concrete, that can withstand the strongest of storms. You are allowed to take a break. You are allowed to feel.