
10 TIPS TO RISE ABOVE THE CHAOS

BY CAROLYN GROSS

1. IDENTIFY INTERNAL VS. EXTERNAL CHAOS

Is the chaos a situation in your environment? or Is it the way you are reacting to something in your environment? The first step is to identify what you can and cannot control. Then focus your efforts on what you can control.

2. DON'T SECOND GUESS YOURSELF

Trust your nature and believe in your decisions in difficult situations. Once you have made your decisions, trust yourself and move on!

3. RECOGNIZE, MINIMIZE & COMPARTMENTALIZE

Once you know you're in a situation that creates stress (i.e. job transition, relationship challenges, health diagnosis) you need to minimize the amount of time you spend thinking about it. Compartmentalize means training yourself to stay in the moment and not worry over what if, what now or whatever.

4. CREATE A CALMING ENVIRONMENT

The human bio-field is the field of energy and information that surrounds the human body. All these things lift the frequency of an office, room or home: Color, music, art, special heirlooms or remembrances, as well as fragrance can all help create a calming environment.

5. START YOUR DAY WITH A PLAN AND MAKE EACH DAY COUNT

Spend 10 to 20 minutes each day to plan your day, makes you more productive. Research shows that people are happier when they pursue meaningful goals. We are just as happy pursuing our goals often as they are achieving their goal.

6. CREATE A "TO-DON'T" LIST

Over commitment leads to chaos. Find a way to create more white space in your calendar so you can restore, relax and renew.



7. MOVE A MUSCLE CHANGE YOUR THOUGHTS

Over the long run, exercising improves our ability to handle stress. Helpful High-intensity workouts take all your energy and calm the brain with endorphins. These endorphins are good for releasing anger and improving stress tolerance.

8. STRETCHES AND INSTANT MASSAGE

Doing a few back stretches relaxes your muscles and in turn, relaxes your mind.

You can also massage your extremities, head, temple, hands, and neck with your fingers to relieve stress. Keep a tennis/ golf ball, or foot roller under your desk and increase the blood circulation by rolling your feet to get instant relief.

9. THE POWER OF RIGHT SCENTS

Olfactory is known as the sense of smell and is a primal sense that can improve your mood and memory. The power of pleasant and relaxing scents have a positive impact on the nervous system and biochemistry.

10. DON'T FORGET TO FORGIVE

If you are upset with yourself or others it will ruin your day (or your life). For those unexpected slams that life sends our way, don't forget to forgive. Always start with yourself first and then include all the others who are robbing your joy, so you can be at peace.

Carolyn Gross

An Award Winning Speaker, Executive Coach and Patient Advocate and has appeared on NBC, ABC and Lifetime TV.

She is the Author of several wellness books: Rise Above the Chaos: How to Keep Positive in an Unsettled World, Treatable & Beatable: Healing Cancer without Surgery and Breaking the Cancer Code. Carolyn is an expert in the field of Mind-Body Health and Mental Fitness with over two decades of experience helping people rise above the chaos and gravitate to health.

