

Staying Calm in the Midst of Chaos™

How to Keep Positive
in an Unsettled World

Carolyn Gross

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Chaos: The Great Teacher



“There is more to life than increasing its speed.”

—GANDHI



No matter how confident some people may appear, no one just breezes through life. There are times when we all become overwhelmed, make mistakes, fall down. Overextended, overtired, understaffed...these words all conjure up images of chaos. As members of the most privileged and advanced society ever to exist, we find ourselves facing epic levels of stress.

Stress is not a middle-of-the-road situation. It lives in the fringes, but permeates every aspect of our lives. No one wants to be overworked and underpaid, or forced to juggle enough responsibility for three people. Yet these

situations are commonplace and we rarely learn how to handle the resulting stress until we're desperate.

For many of us, it's a personal or health-related crisis that finally forces the issue. Heart attack survivors are classic examples of those who make lifestyle changes under duress. Many experts speculate that up to 80 percent of all illnesses are stress related. And no wonder. The miracles of technology have forced us to become multi-taskers and multi-role players. Instead of saving us precious time, the high tech world adds labor to our lives. We may no longer lick stamps and address envelopes, but now we must respond to e-mails, and answer pagers and cell phones around the clock as we try to keep up with the information overload. We sometimes get results by flipping a switch, but we must also contend with computers that crash and equipment that diabolically goes on the blink at the worst possible time.

Pain: When Is It a Warning?

Even those who think they aren't achieve-aholics often take dreams of peace to their graves—or to the hospital—because they never made time for serenity during their vital years. One of my clients, a high-profile beauty salon owner, was working 12-hour days in her shop while saddled with administrative duties. She came to me complaining of neck pain so intense she couldn't turn her head. "My neck hurts all the time," she explained. "I work on people's heads all day and now my own head is killing me. Can you do anything?"

Having worked as a stress consultant and CranioSacral therapist for 12 years, I was able to answer yes. The effects