

ENOTE – MAINTAINING CLARITY IN STRESSFUL TIMES – April 15, 2009

Stress is on the rise in these uncertain times. Often we feel powerless to change what is happening. We may or may not have a choice over what is happening externally. We do have a choice over what is happening internally.

There are a number of ways to stay above the uncertain economic, environmental, social, and political times of today. We can pretty much choose to worry about many things. Instead, take a positive approach and experiment with these tools:

1. Stay in integrity with your beliefs. Walk your talk.
2. Identify what your needs are – those things that hold you back from other things if you don't pay attention to them – and take action to fulfill them. Now is the time.
3. Identify what your values are – those things that energize you and put the wind in your sails – and build those into your life as much as possible.
4. Allow yourself to dream. Have a vision of where you are heading and keep it in a handy spot to give you hope, motivation and inspiration.
5. Have active ways to relax and re-energize – eg, aerobic exercise, yoga, a martial art, getting outdoors as well as prayer, meditation. There is much new knowledge about the positive effects of exercise and meditation on the brain and on how we feel.

When we are true to who we are and take care of ourselves, we are much more likely to be able to rise above the whirlwinds in our world.