



How To Remain Calm In The Midst Of Chaos

Kirstyn E Marriott

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HOW TO REMAIN CALM IN THE MIDST OF CHAOS You are working more hours, spending less time with your family & friends and feel so much guilt about it! You are sleeping less due to worry and anxiety, and still not experiencing the success you've worked so hard for! You are sacrificing your personal health and well-being and still not seeing the results that you expected! You find it difficult to just switch off and relax! Even though you might not realise it, these sensations could actually be symptoms of stress, which can and will affect your health. You may be wondering why you continue to feel overwhelmed and perhaps there are nagging headaches, a stiff neck, sore shoulders, sleepless nights or decreased productivity at work, and strained relationships at home. Great news – there is an answer! How you handle any feelings of being stressed and overwhelmed can be traced back to your early conditioning, training, and beliefs; and how you see your workplace and those in it. This becomes your reality. You are not doomed by genes, upbringing or environment; this is not hardwired or carved in stone. You can make a change. Your mind is your greatest resource. How you perceive an event can affect your body, thoughts, feelings, behavior and relationships. Being able to recognise common stress symptoms gives you feedback on managing them. This book provides tips and insights on how to transform negative perceptions, so you will be better equipped for the demands of today's fast-paced and chaotic lives.

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