Finding Inner Peace and Calm in a Time of Chaos

Have you started to spend less time on social media in an effort to avoid the seemingly never-ending negative messages?

Do you feel like you just want to put the news on mute for a while so you aren't constantly exposed to the negativity?

With all the chaos we're exposed to on a daily basis, it can seem overwhelming and stressful to be trapped in the house, full of uncertainty. However, it is important to realize that peace and tranquility come from within and can be found even in the most challenging times. Making an effort to find this inner peace is one of the most important things you can do in this chaotic time.

Here are some ideas for you to find inner peace.

Meditation
Meditation is great way to calm the mind. There are so many ways to meditate, but you can make it really simple. Just focus on the air moving in and out of your body as you breathe for 10-20 breaths. This will help you stay present in the moment. A meditation practice allows you to feel balanced from within and allows you to reflect on outside surroundings rather than consuming them. You can also listen to a guided meditation to keep your attention more focused on "nothing." Download one from my store, or find a free one on YouTube. You will learn different breathing techniques that can help you calm down when you find yourself stressing out. If you keep up a short, steady practice of meditation, you will begin to notice that you are not as anxious and overwhelmed.

Routine

Developing a routine, even when stuck at home, is a crucial way to find structure in your life when there are challenges put in front of you. Waking up at the same time, making time to meditate or journal each morning, and reading before bed are a few examples of tasks you can incorporate into your daily routine to keep you feeling calm. I've noticed that most everyone chooses to take two minutes daily to brush his or her teeth. Imagine creating a daily routine of just 10 minutes that incorporates a couple other self-help practices. Start small to see a big impact on your life. When you keep up positive habits, it gives you confidence to continue and motivation to put even more time into your personal development.

Nature

"Nature is the best medicine." Not everyone has a back yard filled with trees and a meditation garden. If you DO have access to that, try to get out for a few minutes every day. Enjoy fresh air and the peace that nature holds. If you *don't* have nature in your backyard, make it a priority to take a walk in nature at least once a week. Find a river or stream to wander next to, a path in a park, or a trail in the woods. Being in nature takes away the feeling of being trapped in the house. It is also a great stress reliever that will help you feel gratitude and inner peace during tough times. If you are committed to bringing inner peace to your life, schedule a 30 minute walk every day. It is a great way to stay active and get a breath of fresh air to reduce your stress and anxiety levels. When you are constantly surrounded by technology, filled with news that may seem concerning, your stress is likely to rise. When you intentionally step away and let go of this attachment, you will instantly feel calmer.

Watch Your News Intake

When chaos is going on around the world and there is stress in the air, the news is the main source that people base their opinions off of and process information from. However, it is no surprise that news sensationalizes negative situations. The more disturbing the information, the more viewers, right? The ever-increasing bad news can make the brain feel overwhelmed, anxious, and stressed. While it is important to stay up to date with current events, it is also important to not let it consume you. Many of these things are out of your control and after you take the precautionary measures that you can, it is important to step away from the news in order to relax the mind.

Read

Reading a book is great way to clear your mind and distract yourself from your surroundings when they seem overwhelming or negative. It is a great way to restore your emotions and reduce stress without staring at a screen or scrolling through social media. When you read a book, you are improving your brain function, and this has proven to improve mental wellbeing. Whether it is an educational book, self-help book, or fiction, you will find that you are able to learn a lot and grow both professionally and personally in an enjoyable way.

While each of these activities is "easy" on its own, it takes YOU to make the first step. Making yourself a priority, especially in chaotic times, is the only certain way to come to your own inner peace and find calm.

Start by doing just a few minutes a day of healthy habits. See how it affects your life in a positive way. Then add a few more minutes. Once you are up to 30 minutes a day of putting your well being first through practicing calming habits, you

will easily recognize the peace developing within you.

What new positive habit will you take on first?