

the Parklander

Does Your Fall Schedule Bring

Chaos and Stress?

By Pat Heydlauff



Push the Stop Button Now

As fall sets in, is it time for you to push the stop button? Now is the time to evaluate your commitments so that you can stay calm and in control. Now is the time to determine whether various organizations you give your time and money to are of value and should stay on your fall to-do list.

If you have school age children, now is the time to commit to a set amount of after school activities. Now is the time to plan to stay in control and not let chaos and stress enter. People have a tendency to try to be super heroes with their time. They think they can have it all and do it all. They join groups, go to meetings, attend religious services, go to all of their children's events, run errands, work eight or more hours per day and wonder at the day's end why they are exhausted.

They are exhausted because they over commit and overextend their personal energy level. A daily exhaustive routine such as this creates chaos, an unbalanced life and lots of stress. Planning ahead so you can live a calm, balanced life, guarantees you will keep stress to a minimum and stay in control. When you are in control, your life is calm and, for the most part, chaos free. Your Activities List becomes your owner's manual for preventing exhaustion and maintaining high energy levels.

Don't allow the fall season to dictate a hurried lifestyle filled with chaos and stress. Push your stop button now so you can be in control. Create your Activities List and follow it closely. With you at the controls, not outside events and organizations, you will replace chaos and stress with calm and a balanced, more peace-filled life.

A Plan to help You Create Calm

This type of self-created stress can be totally controlled and even eliminated. Take steps now to not only calm your chaos and stress, but prevent it. If you are ready for a change try the following:

- Make an Activities List today of all the current and anticipated events that begin with the arrival of fall. Be sure to include everything. Then number each item with "1" being the most important. Then, eliminate everything that does not provide you with positive energy or is not mandatory. You will feel more in control.
- Always take care of items one through three first. If you do not have time for the others, at least you will have taken care of the three most important things on your list and you will feel a sense of accomplishment.
- At the beginning of each day, quickly make a short list of the most important things you must accomplish that day. Rank them in order of importance and again, focus on items one through three. Do those first.
- Whether at work or at home, take a 60-second energy break at least twice per day. Close your eyes and slowly take three long breaths. Draw

the fresh air in through your nose and slowly blow it out through your mouth. You will feel refreshed.

- Review your "activities list" at least every 60 days to see what items continue to be passed on to the next day and to allow for changes and additions. Decide if those items that get passed along should even be on your list. If not, remove them permanently. This is the time to be careful. If you add something important, take something less important off of your list. You will stay in control and chaos cannot enter.
- Make your Activities List plan for your future, rock solid. Using *Feng Shui* principles, energize the southwest relationships corner of your bedroom by placing something there that symbolizes dedication to caring for yourself. This symbol could be as simple as a vase with a single flower, or even a beautiful stone or rock. Every time you look at it you will smile and remember to stick to your plan and use your Activities List.

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