

Being and Staying Calm

Do you ever find yourself under a bit of stress before or even during a meeting you attend? Staying calm and keeping collected under pressure and difficult situations can test the best of our leadership skills.

We know the mind /body connection is important when we perceive stress in our lives. Our emotions influence our physical body and our physical body can impact our emotions. An example of this is having a tension headache or upset stomach under difficult situations.

I decided for this conference to do some research on how we can have calmer happier lives with less stress. In my thoughts to you today I want to tell you about a few ideas I read about. I am sure you probably are aware of some of these ideas, but I think they are important to think about and practice.

1. Hit The Pause Button. Take a few moments to think before you react. Often people speak out or react without thinking clearly. If the situation is tense ask for a short break before the discussion continues or gets out of hand. We should take as some experts suggest a “purposeful pause”. This can prevent us from over reacting and perhaps even lashing out.
2. Breathe. When we get upset or stressed our bodies enter “fight or flight mode”. Some find it difficult to breathe normally when a stressful situation occurs. The best way to reverse this is to take long slow breaths. This helps counter the lower oxygen level in our blood that occurs when you are upset. It can also lower blood pressure and help calm the body.
3. Learn To Uncoil Your Tense Muscles. When we are under stress we often unknowingly tense our muscles which can worsen the situation. I know when I get tensed or stressed I can feel it in my neck and shoulders. We need to remember to stretch.

4. See The Big Picture. Before we get overly stressed about something we need to ask ourselves how will this situation effect us tomorrow, next month or even a year from now? Is it worth it? We all know the answer, it won't!
5. Just Let It Go. Getting stressed out has never helped a negative situation. It won't turn that situation into a positive one. As the familiar Disney song goes "Let It Go, Let It Go". Sometimes it is best to forgive or just forget to limit the stress in our lives and to remain calm.

As we start our meeting this weekend let us try to practice these five simple steps to help us stay "Calm Cool and Collected". So we can continue to "Step Into The Future" to do the good work of Alpha Delta Kappa.

Reconvening Thought

We are coming back together this afternoon after a lovely morning with our Marina Sisters. We have renewed old friendships with some of our sisters and listened to their ideas and concerns. After this busy morning we need to remember to relax and enjoy our time together this afternoon as we work accomplish our goals for the conference. We need to be aware of our bodies and recognize “You Create Your Own Calm”

Closing Thought

As I wrote this Closing Thought, I got thinking how Alpha Delta Kappa has brought us all together, much like music does people across varying cultures. We as a group are made up of individuals with many cultural differences, thoughts and ideas. Alpha Delta Kappa is like a song that we all recognize and love. We sing it's praises together and are committed to it's values and beliefs. We can all benefit from Alpha Delta Kappa and enjoy our similarities and differences as we get to know each other better.

This weekend we have continued our good work as an Executive Board learning from each other. We hopefully have tried to manage any personal stress that might have occurred as we used our wisdom to come together as a team. This Executive Board is “Stepping Into The Future” as we accomplish the many of the task required of us as we move forward together. We are well on our way!