

9 habits that can help you remain calm when everything else is in turmoil

By Jeanette Brown: [9 habits that can help you remain calm when everything else is in turmoil - Jeanette Brown](#)

There's a huge difference between losing your cool when chaos strikes and maintaining your calm. It all boils down to habits.

It's about sticking to those everyday practices that keep your mind at ease, even when everything else is in a state of disarray.

Keeping calm amidst turmoil isn't about ignoring the chaos. It's about choosing to respond to it in a way that doesn't add fuel to the fire.

I'm here to share nine habits that can help you stay level-headed when everything around you is in turmoil. These are simple practices that can make a world of difference in how you navigate through life's storms.

So, let's dive into these habits and figure out how to stay calm when the world seems to be spinning out of control.

1) Embrace mindfulness

In the midst of chaos, it's easy to feel overwhelmed and lose sight of the present moment.

Welcome to the power of mindfulness.

Mindfulness is a practice that encourages you to focus on the present moment, without judgment. It's about experiencing the world directly, rather than through the lens of your thoughts or emotions.

Consider it. It's the principle behind meditation and numerous stress-reduction techniques. It's about focusing on your breath, feeling the ground beneath your feet, or simply noticing the taste of the food you're eating.

When turmoil strikes, it's common to get entangled in worries about the future or regrets about the past. But by practicing mindfulness, you can anchor yourself in the present moment.

This isn't about ignoring the chaos around you. Rather, it's a way to ground yourself amidst turbulence and maintain a sense of calm.

So next time you find yourself in a storm, remember to embrace mindfulness. It might not change the situation, but it can certainly change your response to it.

And remember – practice makes perfect. The more you integrate mindfulness into your daily life, the better equipped you'll be when turmoil strikes.

2) Daily exercise

Exercise, for me, has always been a non-negotiable part of my daily routine.

I remember a time when I was under immense stress at work. Deadlines were looming, expectations were high, and chaos seemed to be the order of the day. I felt like I was in a constant state of turmoil.

But amidst all this, I stuck to my daily exercise routine. Whether it was a quick run in the morning or a yoga session in the evening, I made sure to get my body moving.

And you know what? It made a world of difference.

Not only did it help me clear my mind, but it also boosted my mood and made me feel more in control of my situation. It was like this little island of calm amidst a sea of chaos.

Exercise has this unique ability to reduce stress hormones while simultaneously boosting endorphins – those feel-good chemicals that help us maintain a sense of calm and well-being.

So if you find yourself in the midst of turmoil, don't forget to move. It might just be the key to keeping your cool when everything else is in disarray.

3) Deep breathing

When things get chaotic, we often forget to pay attention to one of the most basic and essential functions of our body – breathing.

Deep breathing is more than just filling your lungs with air. It's a powerful tool that can help you maintain calm in the face of turmoil.

Here's why: when you take deep, slow breaths, it sends a signal to your brain to calm down and relax. Your brain then sends this message to your body resulting in decreased heart rate, lower blood pressure, and overall feelings of calm and relaxation.

That's right. Just by controlling your breath, you can influence your physiological state and maintain a sense of calm even during challenging situations.

So next time you find yourself amidst chaos, remember to take a few deep breaths. It might seem simple, but it can make a huge difference in how you respond to turmoil.

4) Maintain a gratitude journal

There's something special about writing down things you're thankful for. It's like a gentle reminder that even amidst chaos, there are things to be grateful for.

A gratitude journal is more than just a list of positive events. It's a tool that helps shift your focus from what's going wrong to what's going right.

This isn't about denying the turmoil around you. Rather, it's about acknowledging the good amidst the bad.

Writing in a gratitude journal can help you cultivate a positive mindset, which in turn can help you stay calm and composed even when everything else is in turmoil.

So why not give it a try? Start by jotting down three things you're grateful for each day. You might be surprised at how this simple habit can affect your ability to remain calm amidst chaos.

5) Practice self-care

In times of turmoil, it's easy to forget about taking care of ourselves. But self-care isn't a luxury. It's a necessity.

Self-care is about attending to your own needs and well-being. It's about recognizing when you need a break and allowing yourself to take it.

This could mean different things for different people. For some, it might be a relaxing bubble bath. For others, it could be a walk in the park or a good book.

The point is to do something that recharges your batteries and brings you joy. This can help you maintain your calm and composure even when everything else is in disarray.

So remember to take care of yourself. It's not selfish. It's essential for maintaining calm amidst turmoil.

6) Connect with loved ones

There's something incredibly calming about connecting with the people we care about. Especially when everything else seems to be falling apart.

Reaching out to loved ones isn't just about seeking comfort. It's about reminding ourselves that we're not alone. That there are people who care about us and are there for us, no matter what.

During times of turmoil, it's easy to feel isolated or misunderstood. But a heartfelt conversation with a friend or family member can provide much-needed perspective and reassurance.

So don't hesitate to pick up the phone or send a message. It might be just what you need to regain your calm amidst the chaos.

Remember, it's okay to lean on others when things get tough. After all, we're all in this together.

7) Limit exposure to negativity

There was a time in my life when I found myself constantly consumed by the news. I was in a continuous loop of updates, notifications, and breaking news, most of which were negative.

I soon realized that this constant exposure to negativity was affecting my ability to stay calm. It felt like the turmoil outside was seeping into my personal space, disrupting my peace.

That's when I decided to take a step back. I started limiting my news consumption and began curating my social media feeds to include more positive, uplifting content.

The effect was almost immediate. I felt lighter, less stressed, and more capable of handling the chaos around me without losing my calm.

So if you're finding it hard to remain calm amidst turmoil, consider limiting your exposure to negativity. It might not change what's happening out there, but it can certainly change your response to it.

8) Listen to calming music

Music has a way of touching our souls, of altering our moods. It can energize us, make us feel sentimental, or help us find calm.

Listening to calming music can be a powerful tool to maintain tranquility amid chaos. The soothing rhythms and harmonies can slow down our racing minds, help us relax, and bring a sense of peace.

In fact, researchers have found that certain types of music can reduce stress, lower blood pressure and even improve sleep quality.

So next time you find yourself in the middle of turmoil, try putting on some calming music. It could be classical music, ambient sounds or any genre that soothes you.

Let the music wash over you and see if it helps you find your calm amidst the storm.

9) Cultivate a positive mindset

At the end of the day, your mindset plays a crucial role in how you respond to turmoil.

A positive mindset isn't about ignoring the chaos around you. It's about choosing to focus on the good, even when things are tough.

It's about believing in your ability to navigate through the storm and come out stronger on the other side.

Cultivating a positive mindset can help you stay calm, composed and in control, regardless of what's happening around you.

It might not be easy, but it's definitely worth it. Because with the right mindset, you can weather any storm that comes your way.

Final thoughts: The power lies within you

The journey to maintaining calm in a world of turmoil is deeply intertwined with our personal behaviors and mindset.

At the heart of it is the understanding that our response to chaos is a choice. A choice that's influenced by our habits, our mindset, and the conscious decisions we make every day.

When we embrace mindfulness, practice self-care, connect with loved ones, or simply take a deep breath, we're choosing to react in a way that preserves our peace.

And while external factors may be beyond our control, we have the ultimate power over our internal state.

Perhaps American novelist and Nobel laureate Toni Morrison puts it best when she says, "You want to fly, you got to give up the shit that weighs you down."

So as you navigate through life's storms, remember – the power to remain calm lies within you. It's in your habits, your mindset, and most importantly, your choice.