

## **How To Stay Calm When Everything Feels Out Of Control**

### **QUESTION:**

How can I remain calm when my life feels like chaos, and I can't stop spiralling?

### **ANSWER:**

Chaos triggers survival mode. When everything feels uncertain, your nervous system scans for danger and prepares you to fight, flee, or freeze. Calm means creating an anchor inside yourself that steadies you when the world feels stormy. You may not control circumstances, but you can learn to regulate your body, soothe your mind, and anchor into a place of grounded safety within. Here's how:

#### **1. Recognise Survival Mode**

The first step is awareness. When you're spiralling, your body is in survival mode. Your breath is shallow, your thoughts are racing, and your chest feels tight. Instead of fighting this, tell yourself: my body is trying to protect me. Naming it helps separate you from the panic; it's not you, it's a state of mind that you can shift.

#### **2. Anchor Through Breath**

Breath is the quickest way back to calm. Place one hand on your belly, one on your heart. Breathe in slowly to a count of four, hold for four, exhale for six. Repeat until your

body begins to soften. Breath tells your nervous system, 'We're safe right now'.

### **3. Ground in the Present Moment**

Anxiety lives in the future. Calm lives in the present. When panic rises, become aware of your 5 senses: what can you see, touch, hear, smell, and taste. This sensory grounding pulls you back into the present where your power lies.

### **4. Release the Illusion of Control**

Chaos is amplified by trying to control the uncontrollable. Calm comes when you release what isn't yours to carry. Ask yourself: what is within my control right now, and what isn't? Focus only on the next step that you can take and let the rest go.

### **5. Create a Calm Ritual**

Build a practice that becomes your anchor in chaos. Light a candle, sip tea slowly, walk in nature, journal your fears onto paper. Over time, your body will associate these rituals with safety, making it easier to access calm when the storm comes.

### **6. Trust Your Inner Resilience**

Remind yourself of times you've survived chaos before. You are still here. Your resilience is proof that even when life feels unbearable, you have the capacity to endure and

rise. Calm doesn't mean you'll never feel fear, it means you know you can survive it.

**Affirmation:**

Even in the storm, I can return to calm. Safety lives within me.

**Journal Prompts:**

1. What does calm feel like in my body?
2. What triggers me into chaos or panic?
3. Which grounding rituals help me feel safe?
4. What is within my control right now, and what isn't?
5. How have I proven my resilience in the past?

**Visualisation:**

Imagine a glowing circle of light surrounding you. Inside the circle, you feel calm, steady, safe. Storms may rage around you, but you remain unshaken. Breathe into the stillness of the circle until calm fills your whole body.

**Conclusion:**

Calm is not found in perfect circumstances but built within you. No matter the chaos, you can return to yourself and find safety in your own presence.

**Final Thoughts:**

Chaos may swirl around you, but your calm is the anchor that cannot be taken away.