

## **Does Your Fall Schedule bring Chaos and Stress?**

By Feng Shui Expert Pat Heydlauff

With fall fast approaching, children going back to school and returning to a “normal” schedule; now is the time to prepare for the more hectic busy season ahead. Does your fall routine create a calm more peaceful time in your life? Or, are you like millions of others that already have so much to do that the additional fall events create chaos and stress by setting a frantic pace?

Does this sound all too familiar? Does your volunteer work, networking groups, children’s after school activities, and social “musts” get in the way of your work, home and personal life? Does it feel like you are spinning out of control and don’t know where the stop button is?

### **Push the Stop Button Now**

Once fall sets in, it is way too late for you to push the stop button. Now is the time to evaluate your commitments so 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 list. 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 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 8 or more hours per day and wonder at day’s end why are they exhausted. They are exhausted because they over commit and over extend their personal energy level. A daily exhaustive routine such as this creates chaos, an unbalanced life and lots of stress.

### **Five Steps 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.

1. Make an “activities list” today of all of the anticipated events that begin again in the fall; be sure to include everything. Then rank each item with a number with one being

the most important. Eliminate **everything** that does not provide you positive energy or is not mandatory. You will feel more “in control.”

2. Always take care of items one through three first. If you do not have time for the others at least you will have always taken care of the three most important things on your list. You will feel a sense of accomplishment.
3. 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. You will all but eliminate stress.
4. 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.
5. Review your “activities list” at least every 60 days to allow for changes and additions. 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 so chaos cannot enter.

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.

Rather than allowing 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.

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**Feng Shui and Self Discovery Painting classes begin September 10 in Palm Beach Gardens. Sign up now by calling 561 630-1100.** Pat Heydlauff, Feng Shui expert is a consultant, public speaker, columnist and spiritual artist. She has been consulting with families and businesses since the early 1990’s with clients ranging from California and the Midwest to Florida. For Feng Shui consultations in the home and workplace or for

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"Everything you say, think and do matters."

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