

## Use positive energy for stress relief

By Pat Heydlauff

Many people face catastrophic events like hurricanes, earthquakes, floods, automobile accidents and other unexpected tragedies without great stress in their lives. While others find themselves having great difficulty coping with the overwhelming chaotic circumstances they are facing. Events like these cause much unwanted stress that needs to be balanced with positive calming energy that helps you cope and make sense out of the chaos you are facing.

Sometime you may have enough reserve positive energy within to draw on that will help you deal normally with such traumatic events. However, if you are already low on your positive energy because a number of stress filled energy drainers have occurred within the last several months, your reserves will be running on empty and it will be increasingly difficult for you to handle yet one more chaos causing event. Chaos is very difficult to not only deal with as it happens but also to live with long after the actual event is over or gone.

There definitely are ways to increase that depleted energy, even when in the midst of a chaotic event so that you can start to increase that much needed positive energy reserve. First, start by limiting any more energy drain. Take steps to listen to the radio or watch television only on an “as needed basis” and only to obtain information that may be helpful. Live radio and television broadcasts tend to sensationalize most catastrophic events and find only negative stories to report instead of finding the good such as neighbors helping neighbors or those that are grateful because they and their families are alive and safe. Constantly hearing about and seeing the events leading up to and during your stress filled chaotic event only serve to further dramatize the event and sear it into your memory. Just doing this one thing will significantly reduce your stress levels very quickly.

Next, take time to check in on nearby families with small children and the senior citizens in your neighborhood. Their needs may be much greater than you could possibly imagine or they may just need to know that someone else cares and is looking after them. Even though this may seem like a small gracious gesture, they will be very grateful and you will feel energized by their appreciative smiles. If they are in great need of help and you are able to play some small role in meeting their needs, your positive energy level will get an even greater boost.

Finally, after surveying all of the downsides and perhaps damage of the negative energy event (hurricanes, earthquakes, ice storms, etc.) you have just experienced, take a second look around and observe first hand, all of the things that did not happen, were not damaged or could have gone wrong. Being grateful for even the smallest of miracles tends to provide you an energy lift just when you need it the most.

All of us, at one time or another, face incredibly difficult events in our lives. Some of us face a number of them at the same time or in strange sequences. It is important that you maintain a positive energy reserve within to deal with major personal and family upheaval or catastrophic events brought about by Mother Nature. It is equally important to replace that much needed positive energy as soon as possible so you can better deal with any tragedies that befall you as a result of such chaos in your life.

Remember to limit sensational media coverage during stressful chaotic events. Take a few minutes' breather and check on others, providing help where and when needed, even if only a smile is needed. And, be sure to make note of all of the good things that could have gone wrong or been damaged. You will lessen your stress levels and increase your positive energy reserves so you can make better decisions and cope with the on-going follow up needs.

In store presentation are available to clubs, organizations, societies and homeowners groups. Pat Heydlauff, author and public speaker is the “Feng Shui/energy specialist” and proprietor of Energy Design, an upscale gift and fine art store located in Crystal Tree Center, 1201 U.S. Hwy 1, Ste. 31, North Palm Beach. Keeping the principles of energy design and Feng Shui in mind, Pat has created and painted all of the artwork, home décor and Feng Shui gifts featured in her store. For Feng Shui consultations, classes and energy design work in the home or office call her now at (561) 799-3443, email her at [balancingenergy@bellsouth.net](mailto:balancingenergy@bellsouth.net) or visit her website, [www.energy-by-design.com](http://www.energy-by-design.com) . She regularly makes public presentations on Feng Shui; “Energy by Design” and has a corporate program on “Substance vs. conditional acceptance”.

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"Everything you say, think and do matters."

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