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# MOTIVated

THE MAGAZINE THAT MOVES YOU!



## 30 Ways to Find Tranquility in Your Day

**Get Tranquil in 3 Minutes**

**Parenting from the Heart**

Teaching your child self-control

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Have you ever felt like putting a “Do Not Disturb” sign on your forehead when trying to get a few minutes of peace and quiet in your busy day? Well, you’re not alone!

In a world of instant access through computers, emails, and smart phones, it’s very hard to “get away” from stress for a few moments of peace and tranquility—but nothing is more important if we want to survive and be productive.

I found that out recently, after an intense time of fielding demands on my time and attention from just about every direction. My children needed help with their children, my work was piling up, and a new friend was making unrealistic requests on my time on a daily basis. I knew something had to give, or I was going to give out!

Saying “No!” to people is not one of my strong points. I tend to feel selfish when I decline people who ask for my help, and against better judgment, I had stretched myself to the point of breaking down.

That’s when I realized I needed to put some of the advice I’ve often freely dispensed to others into practice. I needed to sit down and take a good look at what I could do, and what was just too much. When I did, and explained to those around me that I needed to say no to some things in order to take better care of myself, things quickly got better.

It wasn’t easy, but reading a number of articles on the topic, and trying to put some of those tips into practice, was a big help. I finally was able to take some time to rest, relax, and let go off all the strain and stress that consumed me.

I hope some of the same articles that helped me, included in this issue of *Motivated*, will do the same for you!

Christina Lane  
For *Motivated*

# Beyond the Billows


By Nyx Martinez, adapted

Yesterday, the sea was calm. You promised yourself that you would sail out into the open waters, and that nothing would stop you. Your heart was ready; your courage at its peak. Your hands gripped the vessel's helm and the gentle breeze calmed your spirit. You steered forward.

But today ... today, it seems as though the darkness of last night prevailed. Rain lashes at your ship. Towering waves roll before you. The fog obstructs your vision so you cannot see beyond your bow. But you don't need to see. You just need to know that something spurs you onward—the same thing that gave you such peace yesterday. That thing called faith—a belief in what you cannot see—anticipated, and rose to the challenge.

Faith tells you that the sun will eventually break through those murky clouds. That knowledge buoys your spirit and guides you. It makes a perfect composition—the sky above, the ocean below, you in the center. You're safe there, with your faith.

Sail on, with your focus not on the storm, but beyond it. There, your destiny awaits you. Today is the tomorrow you dreamed of yesterday. It is stormy, yes, but faith knows no limits, no depths, no boundaries. With faith, you will be able to weather any storm and sail any sea.

Sail beyond the billows! 







# Get Tranquil in 3 Minutes

By Renee, adapted

I don't know about you, but my must do list seems overwhelming at times. Do this, do that, get it all done... It's endless! There are times when I could use a quick splash of tranquility, a few precious moments to restore my positive well-being.

Earlier in my life I didn't think much about finding my inner calm. I was too busy! It didn't even cross my mind that this was something I needed. Now I try to find at least a tiny bit of tranquility every day.

When was the last time you felt a real sense of peace? Maybe finding tranquility isn't a top priority for you right now. Or maybe you just don't know how to squeeze in one more thing.

That's understandable considering all the day-to-day tranquility busters around us that invade our personal space and get us all fired up:

### 3 steps to inner calm

- ▷ Unexpected arguments or a disagreement with someone
- ▷ Traffic jams (especially when you're running late)
- ▷ Long, slow lines at the checkout counter
- ▷ More bills to pay than money to cover them
- ▷ Crazy drivers who ride your bumper or cut you off
- ▷ Headaches, or any other kind of physical pain
- ▷ A touch of the "blues" or discouragement
- ▷ Negative thinking that you just can't seem to shake
- ▷ Untidy and/or cluttered surroundings
- ▷ Spending time around complainers and whiners
- ▷ Too much to do, and too little time to do it
- ▷ The demands of your children's needs

You get the point. Those "busters" include anything that upsets your harmony and equilibrium. They make you feel overwhelmed, anxious, even hopeless—far from tranquil.

Watch any news program and you instantly feel zapped—like the whole world must be falling apart. But it's not. Don't let them fool you.

Even though it often feels like there's chaos everywhere, you can find tranquility anytime you want. And it gets even easier the more you practice tapping into it. All you have to do is go inside yourself and uncover it.

Here are three steps—one minute each—that you can use to rejuvenate and renew yourself whenever you are craving a few tranquil moments.

#### Step 1—Melt

Close your eyes and slowly relax your body. Let go of all of the pressure and stress you're feeling. Picture your body melting into a soft ocean wave. Feel it gently washing over and around you as you glide effortlessly through the water. Or, if you don't like the ocean, picture yourself in another relaxing setting.

#### Step 2—Imagine

You've floated onto the beach now. You feel serene and relaxed, soaking up the warm sun. Slowly cup your hand (or both hands) over your ear(s), like a seashell. Listen to the sound of the ocean waves, peacefully rolling in and out. Feel carefree, lighter, overflowing with tranquility. Or tune into the sights and sounds of your relaxing location and let your body relax and sink into the scene. Focus on your breathing!

#### Step 3—Affirm

Re-engage your mind with positive affirmations of hope and resilience:

"I am tranquil, serene, and completely relaxed."

"I have the power to find peace and tranquility."

"I am a calm and tranquil person."

Fire up your natural creativity and develop your own unique route to finding instant tranquility. There's a wellspring of bliss waiting. It's always right there inside of you, regardless of outside circumstances.

Make it a regular habit to take a three-minute break and fill your heart, mind and spirit with a natural calm. Splash yourself with a few tranquil moments—from the inside out! ❧❧



# Rest and Repose

By Virginia, adapted

**“I’M UNDER SO MUCH PRESSURE. I CAN HARDLY STAND IT—THE PRESSURES ARE SO GREAT!”**

People talk about the strain they’re under, and it can be seen on their faces. We are living in a fast-moving time. We move at an incredible speed, and the restlessness is shocking.

As I tried to get quiet today, I realized that so much of this restlessness, stress, and pressure had gotten into me. I really needed to find repose. The Webster dictionary says “repose” means “a state of being at rest.” Other meanings are “freedom from worry; peace of mind; calmness; tranquility.”

That sounds so nice, but how does one get there? There is a remedy, but just how are people going to find such repose when they’re on the run and in a rush all the time?

When I take time to be alone and meditate, peace is restored and all that strain, unrest of mind, and tension of body is relieved.

So many people in this jet-propelled age have to take some kind of tranquilizer to calm themselves down. I read recently of a man who came rushing home from work and said to his

wife, “I can’t believe all the things that happened in the office today! I’ve been under such strain, such tension that I can hardly stand it! Give me one of those pills to calm me down.” So she gave him the pill, but just about that time the phone rang and he was ordered to come back to the office, because a very important customer was ready to give a big order. So he said to his wife, “Where are those pep pills? I’ve got to have one!” People take one pill to pep up and another one to calm down.

Pressures are many, and some people feel they have no other option. Taking quiet time and meditating can cool the fever of this hectic rush, but we have to do our part to get quiet.

If only we would get to this quiet place so we could refresh our souls, clarify our thoughts, and take away the strained feeling. Some people think it’s a waste of time to stop to meditate and pray, yet millions throughout the ages have found that only in the presence of God could they find rest and peace, and then their every symptom of pressure could be subdued.

Won’t you think about it? You can have rest and perfect peace right now! ❧

# How to Keep Everyday Aggravations from Driving You Nuts

By Richard Carlson, Ph.D., *The Bottom Line*, adapted

**S**omehow, most of us have within ourselves the emotional resources to endure true calamities—the death of a loved one, a natural disaster, etc. Yet some of us come unglued when confronted with traffic jams, misplaced keys, rude colleagues, and other everyday annoyances. Sound familiar? Read on for ways to stop overreacting.

See annoying people as teachers. Is the salesclerk dawdling despite the long line? If so, you can fume about how he/she is wasting your time—and raise your blood pressure in the process—or you can see the clerk as a person who is teaching you to have patience and to appreciate individuals who perform hard work for little pay. The same method works in many other scenarios.

## **Keep mishaps in perspective.**

Although it's hard to realize this at the time, spilling soup on your suit just before an important meeting is not a tragedy. Before you “catastrophize” a particular situation, stop for a moment and picture yourself looking back at the incident a year later. Did the stain on your suit really matter?

**Avoid needless stress.** If you feel a twinge in your foot while jogging, it's prudent to stop, to avoid aggravating any possible injury. Similarly, it's a

good idea to resolve not to tolerate stressful situations. Emotional stress is a warning signal that must be heeded. Either you have too much to handle, or you're letting the little things bother you too much. Either way, you need to make some sort of change.

## **Schedule time for relaxation.**

Our society encourages us to defer relaxation. Relaxation is something we'll have time for on our next vacation, we think, or during retirement. Such thinking is terribly misguided. No matter how busy you are, schedule relaxation breaks into your day. They can be nothing more than taking a few minutes to breathe deeply, go for a brief walk, or write a note to someone who needs cheering up. Fight your tendency to put off relaxation until tomorrow. Remember—when “tomorrow” comes, it will be called “today.”

**Be flexible.** It's fine to be organized and plan ahead. Just don't be surprised or upset if your schedule changes. Count on it—airline flights will be delayed, promises will be broken, and the weather won't always cooperate.

When these things happen, don't get angry. Shrug them off and get on with your life. ❧





# The Forest Getaway

By Jesse O'Connor, adapted

Last winter I took a five-week trip to fundraise for a humanitarian aid project I'm involved with. My plan was ambitious—possibly overly so. Long, intense days for over a month straight took a toll on me emotionally and on my general disposition.

One day, as I was taking my lunch break and walking around the large mall where I was staffing a collection booth, the non-stop sights and sounds in this highly charged commercial setting were weighing on me. I am a nature lover, and the below-zero temperatures and severe snowstorms that kept me indoors even when I got off work were another factor that made me feel trapped and miserable.

As I passed one glitzy display after another for what seemed like the tenth time, I was on the verge of tears. I really wanted to be far from all this noise and incessant activity, and I wished for the peace and quiet of a forest, surrounded by nature.

Then I saw it. I don't know how I had missed it before. Right in front of me was a large picture of an incredibly beautiful, almost magical, misty forest.

As I got closer, I realized it was part of a temporary photo exhibit. I went in and was immediately immersed in a beautiful collection of scenes depicting the majesty of creation—mountains, rivers, lakes, deserts, caves, sunsets, and more. They were the most beautiful pictures of nature I had ever seen. The lighting was dim except for the photographs, and soft instrumental music was playing. I was totally alone, and overstuffed armchairs in the center of the gallery beckoned me to sit relax, and take it all in.

It was too good to be true. In the dead of winter, in the most hectic place I have ever been, I found the one thing I wanted most, which had seemed impossible—twenty minutes of peace and tranquility in an enchanting forest, with a rippling stream on one side and rolling green hills on the other.

I realized I could find tranquility in any place that I'd find myself. I just had to create space and look for it. There truly is no need too small or too big to be filled. I now have complete confidence in that. ◀◀





# 30 Ways to Find Tranquility in Your Day

By Shannon Ables, adapted

**W**e all need some tranquility and an instant to catch our breath during any given day of the week. After all, life is a constant balancing act that must include time to just be, to unwind, and let what is going on around us be put on hold, even if only for a moment. Here are some ways to find a calm space of down time:

1. Turn off the television and read.
2. Brew a cup of tea or sip some chilled iced tea.
3. Pop some popcorn and enjoy a film you've wanted to watch.
4. Take a nap or go to bed early.
5. Listen to music (soothing, possibly without lyrics).
6. Be near water (walk along the river, stroll along the beach).
7. Treat yourself to a spa treatment (pedicure, facial, or massage).
8. Get a good night's sleep.
9. Take a friend for a walk. It will make their day and calm you down.
10. Practice yoga, or go to the gym.
11. Gather a stack of magazines and allow yourself to look through at will.
12. Make your favorite meal.
13. Order take-in, and watch your favorite TV show.
14. Take a bubble bath with lavender.
15. Snuggle.
16. Make cookies and enjoy them with milk.
17. Do something creative—write, draw, dance—and get lost in the doing.
18. Visit a new art exhibit.
19. Treat yourself to a cooking class.
20. Visit your local farmer's market.
21. Allow yourself to laugh aloud.
22. Savor a cup of coffee while people watching, or reading the newspaper.
23. Work in the yard—dig in the dirt.
24. Bring fresh flowers into your home.
25. Get a makeover at your local department store.
26. Enjoy a mid-afternoon treat with a friend at a quaint restaurant.
27. Allow yourself to buy shoes, or a shirt, that you've had your eye on.
28. Visit a beautiful garden or park in your area.
29. Keep a journal and list things you are grateful for or new ideas.
30. Savor the decadence of a dark chocolate truffle or favorite treat — and just be.

After reading through this list, I am sure you have some ideas of your own that have worked for you. ◀◀



# Teaching your child self-control

KidsHealth, Web Reprint, adapted

**W**hen kids melt down in the middle of a crowded store, at a holiday dinner with extended family, or at home, it can be extremely frustrating. But parents can help kids learn self-control and teach them how to respond to situations without just acting on impulse.

Teaching self-control skills is one of the most important things that parents can do for their kids because these are some of the most important skills for success later in life.

By learning self-control, kids can make appropriate decisions and respond to stressful situations in ways that can yield positive outcomes.

For example, if you say that you're not serving ice cream until after dinner, your child may cry, plead, or even

scream in the hopes that you will give in. But with self-control, your child can understand that a temper tantrum means you'll take away the ice cream for good and that it's wiser to wait patiently.

Here are a few suggestions on how to help kids learn to control their behavior:

## Up to Age 2

Infants and toddlers get frustrated by the large gap between the things they want to do and what they're able to do. They often respond with temper tantrums. Try to prevent outbursts by distracting your little one with toys or other activities. For kids reaching the 2-year-old mark, try a brief timeout in a designated area—like a kitchen chair or bottom stair—to show the consequences

for outbursts, and teach that it's better to take some time alone instead of throwing a tantrum.

### **Ages 3 to 5**

You can continue to use timeouts, but rather than enforcing a specific time limit, end timeouts once your child has calmed down. This helps kids improve their sense of self-control. And praise your child for not losing control in frustrating or difficult situations.

### **Ages 6 to 9**

As kids enter school, they're better able to understand the idea of consequences and that they can choose good or bad behavior. It may help your child to imagine a stop sign that must be obeyed and think about a situation before responding. Encourage your child to walk away from a frustrating situation for a few minutes to cool off instead of having an outburst.

### **Ages 10 to 12**

Older kids usually better understand their feelings. Encourage them to think about what's causing them to lose control and then analyze it. Explain that sometimes the situations that are upsetting at first don't end up being so awful. Urge kids to take time to think before responding to a situation.

### **Ages 13 to 17**

Remind teens to think about long-term consequences. Urge them to pause to evaluate upsetting situations before responding and talk through problems rather than losing control, slamming

doors, or yelling. If necessary, discipline your teen by taking away certain privileges to reinforce the message that self-control is an important skill.

### **When Kids Are Out of Control**

As difficult as it may be, resist the urge to yell when you're disciplining your kids. Instead, be firm and matter of fact. During a child's meltdown, stay calm and explain that yelling, throwing a tantrum, and slamming doors are unacceptable behaviors that have consequences—and state what the previously discussed consequences are.

Your actions will show that tantrums won't get kids the upper hand. For example, if your child gets upset in the grocery store after you've explained why you won't buy candy, don't give in—thus demonstrating that the tantrum was both unacceptable and ineffective.

Also, consider speaking to your child's teachers about classroom settings and appropriate behavioral expectations. Ask how problem solving is taught or demonstrated in school.

Finally, model good self-control yourself. If you're in an irritating situation and your kids are present, tell them why you're frustrated and then discuss the potential solutions to the problem. For example, if you've misplaced your keys, instead of getting upset, tell your kids the keys are missing and then search for them together. If they don't turn up, take the next constructive step (like retracing your steps when you last had the keys in-hand). Show that good emotional control and problem solving are the ways to deal with a difficult situation. ◀◀

# Peace

NOTABLE  
QUOTES



If there is to be peace in the world,  
There must be peace in the nations.  
If there is to be peace in the nations,  
There must be peace in the cities.  
If there is to be peace in the cities,  
There must be peace between neighbors.  
If there is to be peace between neighbors,  
There must be peace in the home.  
If there is to be peace in the home,  
There must be peace in the heart.  
—Lao Tzu

What lies behind us and what lies before  
us are small matters compared to what lies  
within us. --Ralph Waldo Emerson

Only the development of compassion  
and understanding for others can bring  
us the tranquility and happiness we all  
seek. —Dalai Lama XIV

If we are peaceful, if we are happy, we  
can smile and blossom like a flower,  
and everyone in our family, our entire  
society, will benefit from our peace.  
—Thich Nhat Hanh

If you yourself are at peace, then there  
is at least some peace in the world.  
—Thomas Merton

