



SLÁINTE

CHIROPRACTIC

ADJUST • ALIGN • ABIDE



Finding Joy in Chaos

SCHAEFER PROTOCOL WELLNESS SERIES



Chaos Comes to Clear a Path

01

Be Grateful

When you're in the midst of chaos, this is the statement I think would most want me to knock someone out...this is why I so strongly suggest a gratitude journal. The journal isn't so much for thinking about unicorns and rainbows, but by asking yourself, "what am I looking forward today?" each morning, and writing it down (get it OUT of your head!!!) on those tough days, you now have an anchor of who you really are.

Your thoughts have an incredibly strong pull on you, and through the simple act of taking 30 seconds to write something down each day, it can pull you through even the darkest times.

02

Create Silence

Have you ever walked into an area after being in a loud space, and took a breath, thinking, "wow, I can actually THINK!"

Sometimes we forget how healing silence can be. There is so little silence in our lives with the busyness of the world, if we can't find silence, it becomes an underlying stressor for us. Silence helps you gather your thoughts, pray, breathe, or process whatever you're going through, and prepare for your next step.

03

Create Boundaries

Do you get excited to have a day by yourself, only to have someone come up with a plan, now breaking that promise you made to yourself?

Do you not even make plans for yourself, because you can't keep them? When we fill up the calendar with everyone else's needs, we subconsciously tell ourselves we aren't worth it, and everyone else's needs are more important. That's simply not true. Even if it's 5 minutes, start making time for yourself with NO exceptions.

04

Be in the Moment

cue angelic singing

KIDDING!

This one is SO hard - again, we've got cell phones that have notifications thinking it's New Years Eve, keeping us so busy with fear of missing out, we become addicted to what's next, instead of what's right now, right in front of us. When I heard depression is worry about the past, and anxiety is worry about the future, it's easier to see all we have is right here, right now - what's right in front of us!

05

Enjoy this Stage

I should totally respect this phrase by now. As a mom of two young kids that seem to be growing up SO fast right before my eyes, I should know better how quickly it goes. Yet, some days, I forget. It gets hard and I get sucked down into that hard and I forget that this stage passes and that I need to find the appreciation in the present moment.

You know what helps me the most? When I took the time to really think why I was so stressed in those moments I felt so stressed, I realized it was because I was feeling rushed, overbooked, and hadn't taken any time for silence.

When I started adding in those things, I started enjoying my family so much more, and they started enjoying me more, too.