

Calm

Staying calm allows you to think logically and take decisions accordingly. Clarity of mind is extremely important while you are dealing with problems. If your mind is free and relaxed, your clarity on thoughts shall provide the solution to you.

Developing the ability to stay calm under pressure situations means that you are less likely to suffer from the effects of stress, anxiety, and worry. Your calm approach will also lead to better health and higher levels of productivity. It will provide you with a sense of control over the events and circumstances of your life, and most certainly a better sense of control over yourself, your thoughts and emotions. On top of this, staying calm under pressure will help improve your ability to focus on the right things, at the right time, and in the right way. It will allow you to better communicate your needs to other people, and help you make more effective, intelligent and emotional-free decisions.

In order to reap the rewards that a state of calmness can bring into your life, you will need to become more mindful. Being more mindful means being more centred and focused on the moment. It means letting go of past regrets. It means redirecting your mind away from current stresses, and it means refocusing yourself away from future worries. It's all about being mindful — being present in the moment — because it's in the moment where you will find the answers you need that will help you solve your life's problems.

A state of calmness also requires patience. Sometimes you need a little patience and time to understand the events and circumstances of your life. Sometimes you need the patience to gain a deeper insight into your predicament and the only way you will find true and unadulterated patience in a state of calmness.

Likewise, calmness also requires optimism and faith. You need optimism to help you find the motivation you need to journey through the thick dark fog of your problems and you need faith to help you find your way when you lose yourself in the turmoil of your emotions. Optimism will help you find the desire you need to move forward, and faith will provide you with the courage you need to persist through the obstacles that stand in your way.

Resources:

Calming Strategies

Calming Strategies and Cheat Sheet

Calming Down

11 Anger management strategies to help calm you down

<https://www.verywellmind.com/anger-management-strategies-4178870>

15 Ways to calm yourself down

<https://www.healthline.com/health/how-to-calm-down#5.-Visualize-yourself-calm>