

Carpe Diem – Seize the Day Blog

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As we all have experienced, the last 10 months have been full of chaos. We try our best to deal with the uncertainty of life, the unpredictability of a career, chaos at home, and the complex nature of things. We need to embrace the chaos that we encounter each day.

Embrace the chaos as defined by Bob Miglani means to accept the uncertainty of life and to keep moving forward in life. Take action despite not knowing how things will turn out. Maybe we avoid overthinking, over analyzing, and avoid trying to predict what will happen next. Why in the world should we embrace the chaos?

Miglani created 10 reasons why we should embrace the chaos. Below are his reasons to get unstuck and move forward with life. Accept, do not overthink, and move forward because...

1. Accepting the Chaos of Life is Better Than Trying to Fight it

Life has always been unpredictable and full of uncertainty. We just did not realize it. Accept it. Do not fight it. Accepting the reality of our world today is the most important way to learn to live in it. Let go of trying to force order and perfection to an imperfect life that is full of ups and downs and uncertainty. Often, stress, anxiety and tension occur when you fight hard to change something you cannot change. You cannot control the chaos. You can only change you, your thoughts, and your actions. And that's really good news! Focus on what you CAN control, and that is you!

2. You Cannot Predict the Future

Uncertainty about how things will turn out tomorrow holds a lot of us back many times. We waste so much time trying to make sure the path we take is the 'right one', when the reality is that THERE IS NO RIGHT PATH...JUST THE ONE YOU'RE ON! No one knows what is going to happen tomorrow. That is a GOOD THING in some respects because the walls around us are malleable and move constantly.

3. You Will Feel Better DOING Than NOT DOING

Taking a step forward in any direction makes you feel like you have some level of control of your life. When you take action, you stop overthinking and get less anxious because in some sense, you are creating your own future in the here and now. You get a rush when you are consumed with activity geared towards pursuing a goal. You feel like you are in charge again of your thoughts and your actions. The positive energy generated by movement of hands and body in forward motion towards is often what keeps us energetic and feeling alive.

4. You Will Become a Better Person...Faster, Stronger, Leaner and Sharper

The mind is a muscle and like any muscle sometimes the mind needs resistance and tension to grow and develop as much as it needs nourishment and positive energy. Use the chaos of life to

learn and develop. Adversity forces you to dig down deep inside to make you rediscover your inner strength or to fire synapses in your brain that create new learnings. Moving forward in uncertainty forces the potential energy that is already within you to come out.

5. You are Resilient and Know How to Adapt

You do not know what real strength lies within unless you are put in a situation that forces you to bring it out. You have an innate ability deep within to adapt and improvise to your new environment. You can handle it because your DNA has gone through a history of difficult times and has progressed ever since. As human beings, we have this awesome ability to persevere in really difficult times with nothing more than what you have been given: an able body and a strong mind. The resiliency inside all of us is dormant but kicks in when you move forward in life.

6. Chaos Forces us to Clarify What's Really Important...and What's Not

When you embrace the chaos and move forward in life, you get crystal clear as to what makes you more fulfilled, more satisfied, and ultimately, happier. Self-discovery and self-realizations happen during moments of confusion, clutter, and consistent complexity when you are feeling lost, headed for trouble. That is when your mind gets really clear as to what is the most important thing you want out of life. Because the mind cannot focus on all of those things, your mind suddenly awakens and hones in. For some of us, a big challenge or adversity that seems insurmountable at the time, jolts us to recognize what we really want. What we have discovered during the last 10 months is the importance of relationships, family, our children, and good health.

7. It Will Make you GRATEFUL

Humility is a wonderful thing and for some of us, it only comes when you are forced to deal with something life changing. Life is so unpredictable, fast, and really, really short. When you accept the ups and downs and the uncertainty of life, you begin to be grateful for what you have and not dwell on what you don't. The joy and happiness that comes from appreciating what you have adds fuel to the fire already burning inside us. You will only realize how great of a life you have when you wake up and see the realities of our existence. Being grateful makes you so much happier for the smallest things.

8. Chaos Can Be Transformative

Sometimes difficult, unpredictable, and terrible experiences awaken us to the realities of our existence often encouraging us to get on with work we have been waiting to do. Whether we like it or not, it forces us to make difficult choices and take bold steps forward in life. And we might have to go through these difficult times in order to truly transform into the kind of person we want to become. Once we actually embrace the chaos, we begin to change, discovering new things about ourselves. We begin to value different things in life and find joy in the smallest things in life.

9. Things Have a Way of Working Out in the End

People say, "things have a way of working out in the end" because it is often so true. Perhaps not always, but there is a reason why it is a commonly used phrase. We have to have some level of

faith perhaps a belief that the accidents that happen in life are there to teach us something. To shape our life, to shape our core beliefs, to make us who we are.

10. Going with the Flow is a Lot of Fun

Going with the flow and embracing the chaos is better than sitting around in anxiety and stress waiting for the shoe to drop. Ten years from now, you may remember the difficult times of the last 10 months but you'll have more significant memories of the times where you joined in, moved forward, embraced spontaneity and said, why not!

During this holiday season remember to embrace the chaos!

Editor's Note: The Carpe Diem – Seize the Day Blog will be distributed and posted weekly.
Always remember – **CARPE DIEM – SEIZE THE DAY!**

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