

Finding the Silver Lining During Times of Immense Stress

When we are experiencing large amounts of stress in our daily life, we really have to knuckle down and ask ourselves, 'Is it worth it?'

Is it worth all the pressure for us to keep going? Is it worth the sleepless nights, or the inner anxiety or the overwhelming sense of lethargy that comes with such a heavy workload?

As long as we are honest with ourselves and figure whether or not it is worth it, we can do our best to either cope, or just remove whatever it is that is causing so much stress from our life.

If we do decide to keep going, to continue on with the stress because the reward or end result is worth it or perhaps necessary, we need to know how to cope with this level of stress so that we can act efficiently and effectively and not get overwhelmed.

We do this by finding the silver lining.

Silver What-Now?

The silver lining is a place of peace amidst the chaos. It is the eye of the storm, the center of the bubble, the place of silence in the overwhelming rush of thunder. It is the safety net to which we can return whenever things begin to get just that little bit too much.

Like a Zen Monastery in the middle of a bustling and busy city, it is a retreat that we can go to let our minds have a little space, and where we can breathe deeply the fresh clean air and revitalize our bodies and minds, so that we are able to better cope with the stresses and demands of the world. So what exactly is it?

It Is Sanctuary

If we are going to continue on with the stressful demands of our daily life, if we have decided not to remove the source of the stresses for whatever reason, then we absolutely must be able to effectively manage and balance out the stress that we experience.

We need to make sure we have a space that is untouched by that stress and where we can put down our projects, tasks, and jobs for a short while in order to let our mind have a break. For those who like to meditate, this place will be a perfect little meditation zone.

For those who like to relax to music, this will be a great chance to make a space for yourself where you can put on your favorite tunes for 15 minutes and not let

whatever it is that's causing you to be stressed affect you for that short amount of time.

Set yourself some personal boundaries and learn to keep them in check when you notice that you are starting to get *too* stressed. It is essential that you keep a close eye on yourself during these times and the very moment you begin to feel overwhelmed, put everything down and go and take a break.

Remember

Your health and happiness are what's most important. No amount of stress is worth it if it is making you genuinely unhappy or unwell, and that is exactly what stress will do to you if it is left to spiral out of control.

You absolutely must become the master of stress otherwise, it will very quickly overwhelm and consume you. If you can use this silver lining technique effectively, giving yourself enough space to allow your mind to settle and to reenergize and replenish yourself, you will actually find that you can handle the stresses of the world to a much, much higher degree.

This will actually make you an asset to the people around you who need your skills and expertise because they will see that even though you are under large amounts of stress, you have effectively learned to deal with it.

The Silver Lining, in this case, is balance. If you can effectively learn to balance the times when you are under stress with times when you are not under stress, and if you have the strength of mind to let your thoughts relax and gain even a small amount of release from the pressure of it all, you will then be able to head back into the storm and return into the arena of stress with renewed vigor and a new found sense of energy and enthusiasm.

Master this strategy and there is nothing in the world that you will not be able to conquer, with enough time, planning and careful attention to your stress levels.

If you can effectively manage or work alongside a team of people who work in this way, you will reach levels of productivity that anyone in the world would pay good money to have access to. Now that is something worth thinking about.