

# From Stress to Success

by: Donna DeNomme

Fresh for the day, still pajama clad, I was intently typing at my computer, when the doorbell rang. I glanced out the window to see a familiar truck parked in front of my house. I threw on a pair of jeans and answered the door, only to find my 8:00 client — the one scheduled for tomorrow — smiling at me. “I have you down for tomorrow!” “Oh, no, I am having an MRI tomorrow, it must be today..”

Since today was a major deadline day, I knew that I would not have scheduled such an early client, but no matter what, she was here now. I showed her to the office and we carried on with what was a powerfully significant appointment. There really was a higher order expressing.

One thing led to another as my day flowed out before me like a wonderful gift. Several unexpected tasks pulled my attention and yet everything was important. I felt aligned with all that I did. I love that kind of flow, but I know there is another side. We live in a fast paced, often stressful world. People go from one activity to another, feeling pressure to get it all done. Quality may be sacrificed in the process. Even Elizabeth Vargas, ABC news correspondent, says, “I spend 90% of my day feeling like I’m not getting things done quite right!”

As a coach, I have suggested to people that they simplify their commitments, slow down their day-to-day scramble, or just stop to take a breath! And yet, what I have observed is that some of us carry a heavy burden of being driven to meet outer responsibilities

and fulfill obligations, structuring the day around what others expect. On the other hand, there are those who find exuberance and a continual zest for living. They exhibit a glad-to-be-alive desire to savor each and every experience. Like a young child let loose on a dinner buffet, each day is a smorgasbord of delights and one tries to jam as much as possible onto her plate. Life is an adventure! Stress, no. Busy, yes!

For many of us a leisurely lifestyle is just not possible given the overabundance of ideas, activities, and opportunities presented to us. Life is just too grand — with not a moment to be wasted! Let’s see how much laughter and how many tears we can experience. Bring it on. As the old saying goes, “This is not a dress rehearsal. This is your life.”

## Some simple management strategies can help:

**Attitude:** Attitude is most important. Two people can encounter the same life situation and yet react quite differently. For one it is stressful; for the other it is not. We always have the choice of how we show up to meet any part of life. And if you love what you are doing, how can more of something good become a burden?

**Passion:** Some people turn their entire attention to what is “required” of them. What is your heart’s desire? Your soul’s craving? You owe it to yourself to explore and pursue these longings. You owe it to those you love, too. If you continually sacrifice

for others and do not pursue your heart’s passion, you may become depleted and dried up — giving from a sense of obligation. When you are fulfilled, you are a well overflowing, and have much more to offer. As you replenish your own vitality by doing the things you love, simply because you love to do them, your joy impacts those around you.

**Pacing:** When we allow ourselves the necessary time and space to complete all that we have to do, much of the pressure is released. As one who often has deadlines, I find that the lesson of the turtle is inspiring. Just keep moving! Slow and steady wins the race.

**Rewards:** The child in you deserves a treat for a job well-done, a life well-lived!

This Independence Day, let us recognize that we live in the Land of Opportunity and we get to choose the opportunities that we embrace. Let’s balance the fireworks with quiet moments of simple pleasures. May we live life to the fullest and allow ourselves the freedom to be who we truly want to be and to experience all that we desire to experience.

*Donna DeNomme is a Life Enrichment Coach and author of Turtle Wisdom: Coming Home to Yourself, available on Amazon.com. To learn more about Donna, visit her website: [www.inlightenedsource.com](http://www.inlightenedsource.com)*

✿ END