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Financial Frenzy Drama Got You Worried? Reclaim Your Power with these Four Steps

By Marlene Chism

Are you sick and tired of the wall-street-financial-frenzy-bailout DRAMA? It's easy to let negative news suck you into a whirlwind of fear and frenzy. It's easy to forget that your number one job in the face of an apparent crisis is to take care of yourself.

You can't take care of yourself or make good decisions when you panic, think irrationally or let your energy drain with useless chatter about how bad things are. These four action steps help you reclaim your power.

1. Master your mindset
2. Master your inner dialogue
2. Become a creator
3. Focus

Master your mindset

Get control of your mind instead of letting it control you. Excessive exposure to the daily news is unnecessary, as is obsessive conversations about the current situation. Think about how much productivity and wasted time is due to fear and projection about future doom and gloom.

1. Set a time to catch the news, and then go about your life.
Go to www.goodnewsnetwork.org to get daily good news.
2. Refuse to get into mind games about future problems.
3. Become an observer instead of a participant.
4. Practice deep breathing, exercise and other positive outlets.

Notes

Master your inner dialogue

Everyone has an inner dialogue. Scientists say we think about 60,000 thoughts per day and over 85-90 percent of them are either repetitive or negative. Probably most of us are experiencing a background noise that sounds something like this

- I might lose my job
- What if I can't retire when I want
- Our government is corrupt
- They better get something done

And so on it goes. None of these thoughts are constructive.

A good way to start gaining power is to master your communication. The best advice is to create a mantra so that you can rewire your brain. Here are some good ones.

- All of my needs are met
- This too shall pass
- Nothing lasts forever, not even problems

Completely eliminate statements such as "that's not fair" or "this always happens to me." Instead, face what is and make wise decisions. When someone else starts a conversation that triggers your fear, you can get drawn into the addiction or you can simply say, "the drama stops here," and you can refuse to spiral down.

Notes

Become a Creator

Victims feel that they have no choices, while creators always look for the opportunity, the lesson or the options. To learn how to respond rather than react, recognize your choices so that you are prepared for any unfortunate situation.

1. Talk to your financial planner
2. List the areas where you would be willing to scale down if need be
3. Register to vote
4. Brush up your resume
5. Make a list of your skills, talents and experiences
6. Make a list of all of your blessings and opportunities

Being proactive makes you feel a sense of control instead of a sense of panic. In addition, reminding yourself of all that you have already created for yourself is a great mood booster and a reminder that you can create what ever is necessary to move forward.

Notes

Focus

Keeping your attitude in check is good for your health and increases your personal productivity. Too much negativity produces stress, anxiety and illness. Even recalling an angry experience for as much as five minutes, suppresses the immune system for as much as six hours. Imagine what happens to your attitude and your health when you watch CNN all day long and hear nothing but negativity.

Attitudes of appreciation increase circulation and promote regular heart rhythms. Which do you want? Only you can choose what you focus on. Here are some tips for focus.

1. Instead of complaining, ask for what you want or make a new decision.
2. Focus on what you want, not on what you don't want.
3. Instead of projecting into the future, focus on the now.
4. Separate fact from fiction
5. When researching, listen to all points of view rather than being closed minded.

Instead of following mob mentality, focus on getting the facts. It's easy to listen to someone you admire, whether it's Rush Limbaugh, your preacher or your dad. Be your own authority and look at all sides of an issue so that you don't get off focus and swept up in the tidal waves of negativity. Remind yourself that there may be a bigger picture than what is immediately apparent.

Notes



Mind Mistakes

Mind Mistake #1 I have the right to worry

You do have the right to worry but it is a mistake to take advantage of this option. The reason is worry doesn't contribute to the solution. Worry can make you sick and worry breeds more negativity.

Mind Mistake #2 This is all the Government's fault

While it's easy to cast blame and point fingers, there is a bigger picture to observe. All of us have a responsibility to select representatives to our government who look out for our best interests. The more personal responsibility we are individually ready to assume, the less likely we will be faced with these kinds of problems. Each person must take this situation as a wake up call to be more alert and pro-active. We are all in this together.

Mind Mistake #3 I can't help how I feel

Although unwanted circumstances influence how you feel, you can shift how you feel. On a physical level, to feel your very best you must take care of yourself, eat healthy, exercise, and get your sleep. On a mental or emotional level you must master your mindset.

Emotions are the body's reaction to the mind. Your thoughts trigger your emotions, not the other way around. Thought always comes first. Most people are just unaware of their thoughts. The only thing you ever totally have control over is your own sense of well-being. Ultimately you are responsible for your feelings.

Mind Mistake #4 The only reason the vote wasn't passed is due to petty arguments

This is a judgment based on assumptions and hearsay. It's all drama. Our country was built around the option to have different opinions. You should worry more if everyone agrees without being mindful or playing devil's advocate. We should put our support behind each person who is working on our behalf to look for blind spots which might put us in a worse predicament if we act too hastily.

Mind Mistake #5 When this is finally over I can be at peace

You don't have to wait to be peaceful. You can be peaceful right now. You can practice releasing in each moment. Gary Zukav says "Stress is the consequence of resistance to your life." When we resist what is, we create more stress. When you relax into acceptance, you can then reclaim your peace.

Eckhart Tolle says, "Listen to people's stories, and you'll find that they could all be entitled "Why I Cannot Be at Peace Now." The ego doesn't know that your only opportunity for being at peace is now."