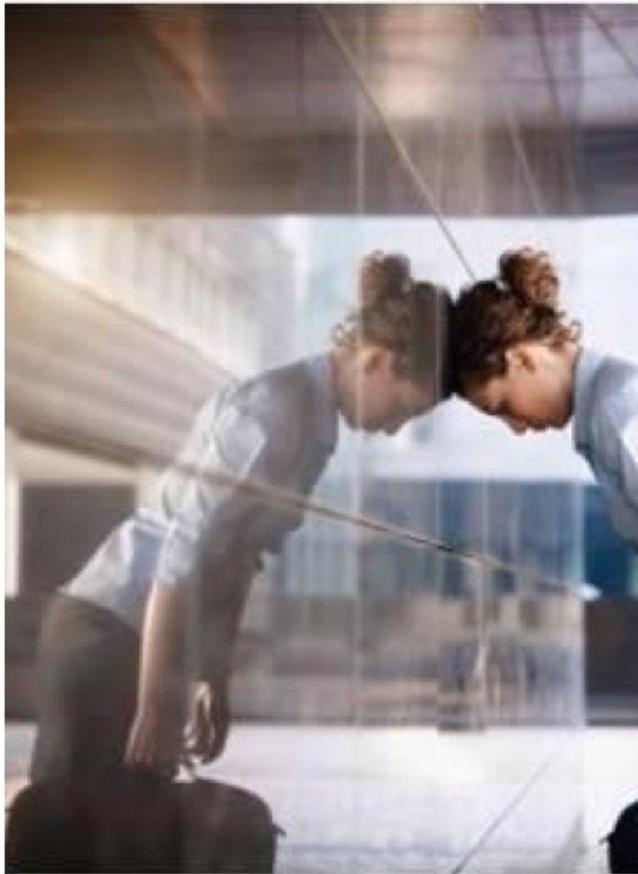
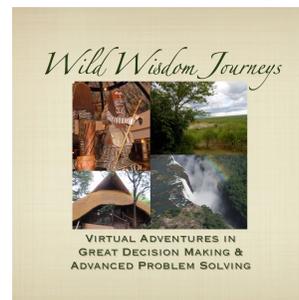


# “Remain Calm!”

Turn Overwhelm in Smart Confident Decisions



Sylvia Warren, MBA | Travel Shaman | Wild Wisdom Journeys—Virtual Adventures in Smart Decision Making & Advanced Problem Solving | [www.wildwisdomjourneys.com](http://www.wildwisdomjourneys.com)



# “Remain Calm!”

## Turn Overwhelm into Smart Confident Decisions

Have you ever experienced an unexpected life-threatening situation in which your leadership made you responsible for the survival of others? Well, when that happened to me, I hear myself say with steely conviction: “Remain Calm!”

The unforgettable event occurred during my first job after college. Because of my desire to see the world, I was working as a flight attendant.

We left Chicago on our way back to New York after 3 days of flights from east to west and west to east. Once we were airborne, however, the pilots discovered a potentially serious problem with the airplane flaps. They weren’t sure the ‘plane’s brakes’ would work properly. So we prepared passengers and secured the cabin for an emergency landing. Air traffic control rerouted us to JFK instead of La Guardia Airport because the runways were longer. And, fire trucks awaited our arrival, ready to cover the runway with foam.

I was lead flight attendant, working first class and responsible for directing and coordinating emergency procedures with the cabin crew. As we were collecting passenger shoes, jewelry and other sharp objects, a woman in first class grabbed my arm and in a panic-stricken voice said: “My husband has had a triple by-pass. What should he do?”



I knew the cabin crew could not deal with a heart attack and focus on our by-the-book preparations for an emergency landing. We were trained to evacuate the aircraft in 90 seconds and that left no time for heart attacks. With even thinking about it I leaned across her seat and put my face inches from her husband's. In a low commanding (don't even think about it) voice I said: "Remain calm!"

He responded as if he had been given a directive that would save his life. Sitting back in his seat, he stilled himself and didn't utter a sound.

When the captain announced 500 feet before touchdown that the manual backup system for the flaps was working, passengers and crew breathed a collective sigh of relief. As the triple by-pass husband and his wife deplaned, she thanked me for those two power-packed words.

Now for fifteen years (and what feels like several life times ago) the smart women leaders I coach invariably need to experience a similar state of deep inner calm. They routinely are confronted by challenges they cannot control. Yet they have to navigate sudden changes, quickly respond with the best decisions or solutions, and deal effectively with complexities and limitations in their specific situations.



Learning to **"Remain Calm!"** is invaluable to them. It quiets their 'inner critic' and clears space for discernment and solution thinking. Inner peace enables them to respond, and not just react, to difficult problems.

Use this simple practice to **"Remain Calm!"** to help you navigate complex challenges in business, corporate environments, nonprofit or global philanthropic organizations.

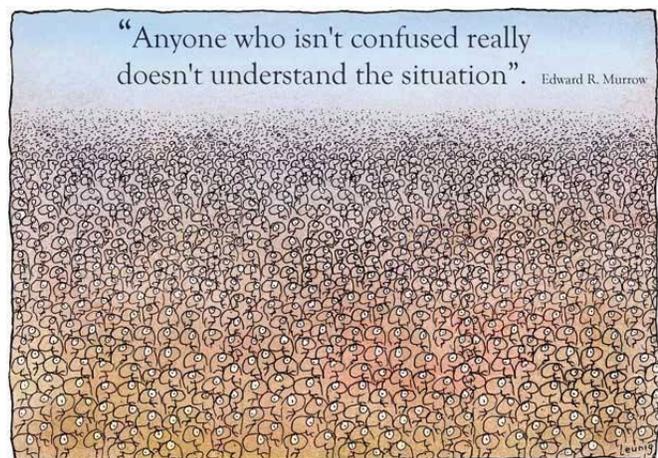


Experiencing a self-induced state of calm alertness balances the energy, passion, and commitment you bring to your work. It creates space for you to make consistently sound decisions. Centered and clear, you see the confusion, but are less troubled by sudden (and totally unexpected) upsets. You find it easier to lead your team and organization to the right results.

That is why I'm sharing this mindful practice with you. It's one of 10 'playful practices' my clients use to gain moments of clarity and inner peace.

When practiced routinely, this 1-minute exercise breaks through overwhelm so you can make **smart confident decisions**. Playfully engage in this practice and notice without judgment (or 'I should') how it works for you. See what shifts when you playfully practice...practice...practice.

Allow your playful practice to shift you into a lighter state of consciousness. From there it's **easier to decide** how you want or need to respond to serious challenges without sacrificing your emotional, mental or physical wellbeing.



Moments of calm enable you to see what you can and cannot control. This clarity frees you from the maddening confusion. From a place of inner calm you realize that **overwhelm is a choice**. This awareness allows you to tap into your natural strengths.

## *Unplug from Confusion and Overwhelm...Shift to Neutral*



### **When...**

- ▶ A difficult conversation gets off track or becomes confrontational.
- ▶ A meeting takes up valuable time, but does not resolve critical issues or lead to clearly identified and productive next steps.
- ▶ An unexpected change requires you to make an 'instant (barely informed) decision'.

### **And if you...**

- ▶ React and then regret what you did or did not say.
- ▶ Feel frustrated, angry or annoyed by the loss of valuable time.
- ▶ Worry about the rush-to-decide choice you made.

### **That's when you need to shift to neutral.**

I call this conscious choice to **"Remain Calm!"** a 'shift to neutral'. It's easier than it sounds, and only takes a minute. Just follow these simple steps.

## **“Remain Calm!” ...Shift to Neutral**

- ▶ Take 3 slow deep breaths into your abdomen to the count of 3.
- ▶ Exhale each breath silently out of pursed lips to the count of 6.
- ▶ See in your mind’s eye a cord (a live wire of what you’re feeling) running from the center of your body and plugged into a wall socket.
- ▶ See yourself gently unplugging that cord from the wall socket.
- ▶ Feel anxiety, frustration and doubt flow out the unplugged cord.
- ▶ The cord is now neutral. See the empty cord dissolve/disappear.
- ▶ In this moment of neutrality tell your mind to **“Remain Calm!”**.
- ▶ Feeling a sense of inner peace, decide what your best possible options and choices are, given the situation and people involved.

Use this 1-minute practice in meetings, on the phone, or in-person conversations. You will feel more focused and thoughtful, surprisingly centered, and quietly present in the moment. Eventually, you will find it easy to ‘shift to neutral’ by taking a deep slow breath and just saying to yourself: **“Remain Calm!”**

Let **me** know what changes for you and around you when you consciously and consistently engage in this simple ‘playful practice’.

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**“Never underestimate the power of playfulness, curiosity and wonder in creating the business and life you deeply desire to experience.” ~Sylvia Warren, MBA | Conscious Change Catalyst**  
**We Are All on an Epic Journey in Business, Leadership and Life**



It certainly doesn't look that way when you're dealing with tough choices and complex problems, or feel completely exhausted because you've hit a wall.

Yet there is an **easy, fun** and **uniquely personal** way to discover great decisions and simple elegant solutions hidden inside the challenges you face. Like the hero's journey, your epic adventure reveals itself when you see the world through a different lens.

**You cannot solve a problem from the same consciousness that created it. You must learn to see the world anew.** ~Albert Einstein

Wouldn't be great if you could kick back for a change, relax, and actually enjoy yourself while solving different problems at the same time?

Well, now you can! On **Wild Wisdom Journeys**—adventures in smart decision making and advanced problem solving—stunning results emerge—useful and deeply meaningful to you in very unexpected ways.

Schedule a complimentary 30-minute **Discovery Session** and gain a real sense of how this innovative approach can reveal solutions for you.

**Sylvia Warren, MBA | Conscious Change Catalyst | Travel Shaman**

I guide smart women leaders on virtual adventures to iconic places linked to the decisions and solutions they seek. Breakthrough insights, fresh perspectives and very practical next steps emerge on these transformational **Wild Wisdom Journeys** – uniquely personal game-changing experiences for leaders.

