



Calm Your Chaos

Resilience in 5 Minutes or Less

Debra Reis, MSN, RN, CNS

In today's healthcare industry, where burnout, overwhelm, and compassion fatigue have become all too common, nurses and healers are searching for more than another wellness app or handout. They need fast, accessible tools they can use in the middle of chaos.

According to the American Nurses Foundation, over 70% of nurses report emotional exhaustion, and nurse turnover hovers around 30%, threatening the foundation of our care systems (ANA Pulse Survey, 2022). Recovery and resilience are essential for survival; they are not just buzzwords. This is especially true for those of us called to serve and heal others.

But what if you didn't need to escape your job or wait until the weekend to feel whole again? What if you could access simple tools from within that renew and rebalance in just five minutes or less?

That's the philosophy behind Calm Your Chaos, a toolkit of supportive therapies for energy medicine professionals and caregivers ready to reclaim renewal and well-being.

ENERGY RESILIENCE STARTS WITHIN

As healthcare professionals, we're often the calm in the storm. So...who calms us?

When stress hits, we don't have time to scroll through a self-care app or flip through a handout, seeking some form of recovery from the stress of

day-to-day responsibility. The most effective strategy is one we can activate from inside ourselves, using simple, embodied tools that are practiced until they become second nature.

I call this action micro-recovery: engaging integrative strategies when needed—between patients, before a meeting, even while walking down a hallway.

Recent research identified that some people were able to “dodge” burnout. They were self-aware of their stress level and knew when it was time for self-regulation, using their effective coping strategies. They might be called burnout superheroes, guiding us on methods and approaches to build resilience and inner strength.

The Calm Your Chaos Program is about finding the “right” coping strategies that bring each person peace and balance. These strategies can be grouped into three pillars: **Relaxation Techniques, Aromatherapy, and Gentle Movement**. These evidence-based techniques help you reset quickly, recover deeply, and re-engage with presence and purpose.

THE THREE PILLARS OF RAPID RECOVERY

1. Relaxation Techniques

Your breath is your power source. So are intentional thoughts, guided imagery, and self-regulation tools. Here are a few quick tips to come back to balance and peace during stress:

- *Box Breathing (4-4-4-4)*: Inhale for 4 counts, hold 4, exhale 4, hold 4, and repeat 3 times to calm the nervous system and regain clarity.
- *Affirmation Anchoring*: Pair a calming phrase like “I am grounded and capable” with your breath or a tactile cue (e.g., your hand on your heart).

These tools help shift you from reactive to responsive, activating the parasympathetic nervous system even during clinical chaos.

2. Aromatherapy

Essential oils are certainly more than just pleasant fragrance! They contain chemical constituents that act directly on the limbic system of the brain to regulate stress and mood. Common essential oils can affect emotional and physical balance through inhalation.

- *Citrus oils (Orange, Bergamot)*: Uplifting and energizing. Inhale for quick energy or renewal.
- *Lavender or Roman Chamomile*: Relaxing, balancing oils that support emotional decompression and peace. Place a drop on a tissue to inhale during a stressful day.
- *Peppermint*: A gentle wake-up for mental clarity and focus. Consider diffusing in your space.

Consider using your essential oils on a tissue in your pocket or inhaler that can be used quickly and easily during inner chaos.

3. Gentle Movement

Movement is medicine. Micro-movements can discharge stuck energy and reset your rhythm. These easy, quick movements can give energy and balance.

- *Shoulder Rolls and Neck Circles*: One minute can relieve tension and restore energetic flow.
- *Spinal moves*: Gentle undulations or sway of the spine can stimulate the body and mind to re-center.
- *Grounding Steps*: Take a walk in nature or simply stand with feet wide, pressing into the earth.

Movement clears energetic stagnation, helping you feel present, embodied, and empowered.

BECOMING YOUR OWN BURNOUT SUPERHERO

You don’t need a superhero cape. Your healing tools, self-awareness, and support are already within you.

The true power of these tools lies in their effectiveness and your ability to integrate them into your daily rhythm. When practiced regularly, they become reflexes. Available anytime, anywhere.

We don’t need to wait for a retreat or rely on external solutions. Real healing begins with awareness, intentional practice, and self-compassion. When we embody resilience, we become calm for ourselves and those we serve.

Integrative therapies offer a path not only for recovery, but for transformation.

QUICK SHIFT TIPS TO CALM THE CHAOS

60-Second Reset: Inhale an essential oil blend, close your eyes, and take 3 slow breaths. Visualize yourself surrounded by calm light.

Movement Moment: Shake out your hands or sway your body while silently repeating your affirmation.

Ground + Gratitude: Feel your feet on the floor and name one thing you’re grateful for.

Healing others begins with healing ourselves. In every moment of tension, we have the power to return to our center, to choose energy over exhaustion, peace over panic.

Let’s lead the shift in healthcare not with more hustle, but with embodied healing and the courage to care for ourselves as we do for others.

You are the tool.

You are the healing presence.

You are the burnout superhero. €



Find out more about author Debra Reis by visiting her website: www.debrareis.com