

**DIRECTIONS:** Fill in the scale with what you notice about yourself in each category.



## Chaos to Calm Stress Scale ©

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### EXTERNAL ENVIRONMENT

These are observations of your physical spaces & includes your relationship dynamics with tasks & others.  
*What do you see around you?*

1	2	3	4	5	6	7	8	9	10

CALM & ORDER

CHAOS & DISORDER

**RESPONSE ZONE** | **REGULATION ZONE** | **REACTION ZONE**

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### INTERNAL ENVIRONMENT

These are physical sensations, emotional experiences & observations of your behavior & relationship with self.  
*What do you feel inside? What might these sensations be related to?*



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### **FROM CHAOS TO CALM :: LEADING CHANGE FROM THE INSIDE OUT**

In an increasingly disconnected world, it's important to find creative ways to reconnect to ourselves and one another, especially when facing or leading change. When we step back and tune in, we can see that chaos is a calling to lead differently, to listen differently, to facilitate change differently. It's an invitation for resilience to occur through radical acceptance then radical creativity. Awareness becomes the greatest agent for change.

#### **Nuggets to remember:**

- Resilience is a formula, a combination of mindful awareness, acceptance, nature and creativity.
- You're invited to become aware of the "hinges", the entry points between response, regulation and reaction.
- Chaos is natural, it's change and it's all around. Called *entropy*, it's nature's way of nudging all of what we count on into chaos, decline and disorder so that something new can arise.
- Trigger event chaos (intentional/unexpected) can jostle us into action or hibernation. This can happen quickly or slowly over time.
- An overly busy life without awareness can cultivate unnecessary levels of chaos leading to additional suffering, conflict and stunted perspective. This limitation can affect decision-making, empathy and overall wellbeing.
- Distraction and resistance to feel feelings makes it more difficult to notice what's needed. The entry point is stress.
- Stress is entropy's calling card. It's asking of you, "what needs adjusting?" It's asking you to be mindful, thoughtful and creative in your response.
- Take the time to collect data. Explore internal and external markers that quantify stress.
- Ask, "On a scale of 1-10 with 10 being chaos and 1 being calm, "What's your stress?"
- Taking 3 breaths creates pause then awareness, reduces fight/flight, offers a moment to check-in and adjust.
- Balance is not the goal. Movement is more useful. Be curious verses upset. Upset is an invitation to deeply listen.
- Find the awe in everything (even when it's awful). Ask, "What opportunity is arising?" and "What's my role?"
- Everything is connected. Explore "What is chaos calling in you, in us, in what's next?"