



**The  
*Calm Amidst Chaos*  
Challenge**

***Get ready to step out of your comfort zone and  
become a calmer version of yourself.***

# Hello friend,

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WELCOME!

*I'm so excited that you're taking this challenge! I promise, it's going to be transformational.*

*I'm Stephanie Osborn, founder of Bliss More, Stress Less.*

*I've created this challenge for anyone who works in a chaotic environment and is ready to add more calmness into their workspace. For so many of us, the office chaos is a source of constant stress...we know we want to stay calm when everything is blowing up around us, but we just can't seem to do it.*

*If you're nodding along, then hello friend! You're not alone and this challenge is going to help you break out of this pattern and help you to create a stress-free space for yourself.*



**Are you ready?**


LET'S BEGIN!

*steph  
Xx*

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THE CALM AMIDST CHAOS CHALLENGE

Website: [blissmorestressless.com](http://blissmorestressless.com)

A top-down view of a woman with long dark hair, wearing a white short-sleeved shirt and a black top, sitting at a white desk. She is using a laptop. On the desk, there is a tablet displaying a website, a white mug, a black smartphone on a white speckled notebook, a silver pen, a pair of glasses, and an open book. The background is a light-colored wooden floor.

*No matter where we live on the planet or how difficult our situation seems to be, we have the ability to overcome and transcend our circumstances.*

LOUISE HAY

# Getting Started

STEP ONE

1

## COMMIT TO THE CHALLENGE

I don't think this challenge has made its way into your life by accident, you're ready for change. So the first rule of this challenge is to commit to it. Make the decision to stick to the plan. Come rain or shine, you have to do it. This is for YOU, so commit.

STEP TWO

2

## TAKE ACTION

It's amazing that you're here and that you've taken that first step, but now the big thing is continuing to take steps. So follow along and keep taking action and see how things begin to unfold.

STEP THREE

3

## HAVE FUN

This challenge is all about getting you BIG transformations, but it's important for us to have fun along the way. So roll up your sleeves, get stuck in, but remember to enjoy this journey!

*Ready to get started? Good, let's do it...*

*staying calm at work*

# Daily Dose of Calm Amidst Chaos

In order to become calm when you are surrounded by chaos, you need to create new habits and that starts by taking little steps every day. So here are some things you can try doing to help you stay calm.

## 1 • DAILY VISUALISATION

Visualize yourself remaining calm during a stressful situation. Try using a calming breathing technique when you begin to feel stressed. (I've given you 3 techniques to try on page 7.) What other techniques can you see yourself doing?



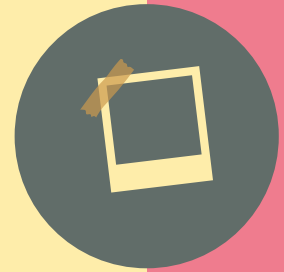
## 2 • CLEAR THE CLUTTER

Start each day with a clean slate by taking five minutes to declutter your desk. Remove unnecessary items, organize documents, and clear away anything that doesn't serve a purpose. A tidy space promotes a clear mind, helping you to focus and reduce stress throughout the day.



### 3 • PERSONALIZE YOUR SPACE

Personalize your cubicle with items that bring you joy and inspiration, such as photos of loved ones, motivational quotes, or artwork. These personal touches make your space feel more comforting and can serve as a visual escape from work-related stress.



### 4 • GET OUTSIDE

Each day take time to get outside and if possible, go for a walk. When you're outside, pay attention to everything you can see and hear. Be in the moment. Being in the moment helps reduce stress by allowing you to focus on the present, reducing worries about the past or future and enhancing your ability to manage current challenges with clarity and calm.



### 5 • REFLECT

Take time to reflect and journal on your challenge to become more calm. Every day write down what you did, what went well, what didn't go well, how you felt. Write it all out.



# *BREATHING TECHNIQUES*

## FOR INSTANT CALM

### **BOX BREATHING**

Visualize a square. Inhale for a count of 4, hold for 4, exhale for 4, and hold again for 4. Repeat this square pattern to restore equilibrium and focus.

### **4-7-8 BREATH**

Inhale quietly through your nose for a count of 4, hold your breath for a count of 7, and exhale audibly through your mouth for a count of 8. This pattern helps calm the nervous system and invites a sense of tranquility.

### **DEEP ABDOMINAL BREATHING**

This simple yet highly effective technique involves taking slow, deep breaths from your diaphragm. Inhale deeply through your nose, allowing your abdomen to expand like a balloon. Exhale slowly through your mouth, releasing tension with each breath.

### **WHEN TO USE THESE TECHNIQUES**

Imagine a high-pressure meeting, a tight deadline, or a challenging conversation with a colleague. These are situations where instant calm can make all the difference. By integrating these breathing techniques into your daily routine, you can access a state of calm and clarity whenever and wherever you need it.

THE FEARLESS CHALLENGE

# Daily Routine

month:



DAILY  
VISUALISATION



PLAN YOUR  
FEARLESS DAY



TAKE ACTION



GET OUTSIDE



REFLECT

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# *You've made it!*



I really hope this simple challenge has helped you see what's possible and I really hope you've got lots out of it. Taking time to create change in our lives can set us on a new trajectory, it's so exciting to think about.

This challenge is just the tip of the iceberg, there are so many ways reduce stress. Check out my blog for more tips.

FIND ME AT:

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[PINTEREST.COM/BLISSMORESTRESSLESS](https://www.pinterest.com/blissmorestressless)  
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