



How to Stay Calm in a Fast-Paced World

By Manal AlMusallam

In today's fast-moving world, it's natural to feel overwhelmed, anxious, or mentally overloaded at times. But calm is not something you wait for. Calm is a skill, something you can build, step by step.

Through simple daily practices, moments of stillness, letting go, movement, breathing, and quiet, you can gently return to yourself.

You don't need a big change, you only need one small step. Take a breath... slow down... and be kind to yourself.

Here is some Simple Ways to Support Your Inner Calm:

1. Create Moments of Stillness

Take a few minutes each day to pause.

Sit quietly, reflect, or read something meaningful.

These small moments help your mind settle and your body feel safe again.

2. Let Go of What You Can't Control

Not everything needs to be managed or solved immediately.

Sometimes, calm comes from allowing things to unfold, instead of resisting them.

3. Engage Your Senses

An idle mind often amplifies stress.

Instead, gently engage your senses: reading, drawing, cooking, gardening, or any activity you enjoy.

When your senses are involved, your mind naturally becomes quieter.

4. Practice Breathing Daily

Your breath is one of the most powerful tools to regulate your nervous system.

Regular breathing practices help shift your body from stress into a state of calm and safety.



Here is A Simple Breathing Exercise:

Sit comfortably.

Inhale slowly through your nose for 4 seconds.

Hold your breath for 2 seconds.

Exhale gently through your mouth for 6 seconds.

With each exhale, repeat silently: "I am safe. I am calm."

Repeat 3–4 times, or more if comfortable.

Keep your breath soft and natural.

Relax your jaw and shoulders.

No force. No pressure.

5. Walk, It's More Powerful Than You Think

Walking is not just physical movement.

It is a well-studied activity associated with improvements in both mental and physiological regulation.

What happens in your body when you walk?

- Supports nervous system balance: Walking at a steady pace is associated with activation of the parasympathetic system (rest and recovery), which can promote relaxation.
- Helps reduce stress levels: Moderate walking has been linked to reductions in cortisol, the body's primary stress hormone.
- Provides rhythmic sensory input (optic flow): The natural movement of your visual field during walking may help reduce mental overstimulation and support a calmer state.
- Associated with improved mood: Walking is linked to increased activity of neurotransmitters involved in emotional regulation, such as:
 - Endorphins
 - Serotonin
 - Dopamine

6. Spend Time in Nature

Nature is not just relaxing, it helps reset your nervous system.

It brings your body back into balance in a natural, effortless way.



7. Take a Daily Break (Without Your Phone)

Even 15 minutes a day without your phone can reset your brain. This is not just a break; it's a biological need for mental recovery.

8. Focus on What Truly Matters

Your rest, your rhythm, and your relationships matter.

Slow down.

Be gentle with yourself.

Choose what truly supports your well-being.

A Gentle Reminder:

You don't need to do everything. Just start with one simple step:

- A breath
- A short walk
- A quiet moment

Over time, these small actions create real change.

After all this...Isn't it worth taking a 30-minute walk a day?
Along with a simple breathing practice?

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Manal AlMusallam

Creator/Founder of The Nesmah Method

Founder of The Breath of Joy Co.

Breathwork Trainer & Human Development Expert

<https://breath-of-joy.com>

@breath.of.joy

@manalalmusallam

