

## Living in the Gray - Society's Secret Curse

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### Summary

COVID has brought a twist to an already stressed workplace. As we navigate to a new way of existing, it's important to find balance and fulfillment both at home as well as work, and for some, that means the same place. Stress affects us physically and emotionally that easily becomes a trickle-down effect on family members and coworkers.

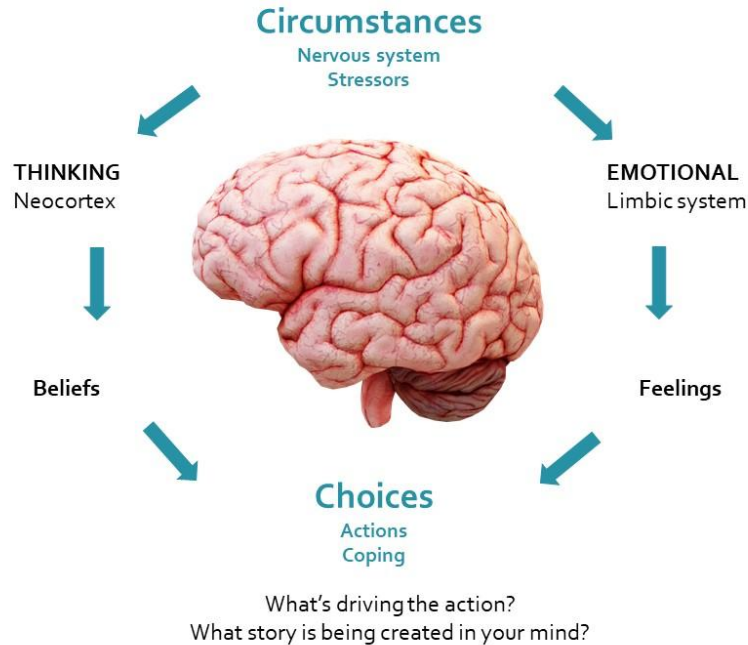
It's also the perfect breeding ground for negative habits and behaviors. Living this life of mediocrity is called Living in the Gray.

### Theory / Method / Workflow

Many high performers were not taught how to cope with daily stress in a healthy way, or know how to sit with their negative feelings. The past 18 months have brought a ton of uncertainty, and therefore, has also brought a new wave of depression, anxiety, and self-sabotaging behaviours.

Changing negative habits has never been an easy process for most people. It's hard to be uncomfortable, particularly if you don't have the tools or the 'know-how'. This leads to being frozen in fear. But there is hope.

By having awareness of the circumstances that cause habit associations in the brain, we can begin to shift the habits with pattern disruptors. This is done by implementing tools of disruption such as the SABER Method, a 5-step process to drastically reduce the habit loop of negative thoughts and behaviors. This tool helps to reduce stress and overwhelm on a daily basis, and works within minutes. It's the act of pausing and reflecting, *before* acting.



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## Results, Observations, Conclusions

By understanding how we react to triggers, we can begin the process to change the familiar patterns. Whether this is stemming from stress in the workplace, watching the world news, or having a guy cut you off in traffic, it's the response to the situation that determines the outcome. The response is a choice we get to make.

As humans, we fall into an emotional loop or a thinking loop that leads to an action. Having keen awareness of how our nervous system reacts to triggers is the first step of radical change. With practical methods and game-changing tools, one can greatly improve how they respond to non-preferred experiences. This produces a sense of calm and control, without the need for numbing behaviors or negative coping mechanisms.

Implementing *empowering* habits is key to success. How we fill our days determines our reality.

As we continue to shift into a new existence post COVID, we can learn to embrace where we're headed *without* the fear of the unknown. When we are steadfast in our daily behaviours and good habits, we can adjust accordingly with grace. And that, my friend, is not Living in the Gray, but rather in full color with intention.

## Acknowledgements

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#### References

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