

3 Ways to Simplify Your Life: How to remove stress and finally feel at peace

by Randy Hain

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Do you ever feel overwhelmed with all of the stress, responsibilities and challenges in your daily life? If I am honest with myself, the times I feel most anxious or stressed are usually caused by my lifelong tendency to overcomplicate things and an inclination towards “busyness”.

I am grateful for the occasional insights I have into ways to address this problem and as I grow older, I recognize the wisdom of something my father often shared with me in my younger days: *simplify your life*.

Everything about our modern culture involves complexity and unnecessary layers. I long for more opportunities to live in the moment and experience life in “real time” versus the frantic pace I often keep. I want my legacy to be more than “he accomplished more than most”! I don’t pretend to have all the answers, but I would like to share the three-step approach I am working on to achieve greater simplicity, peace and a heightened sense of purpose in my life:

1. Have Clear Priorities
2. Practice Detachment
3. Serve Others

Step One: Have Clear Priorities

Ever since I experienced a profound conversion to Christ in 2005 and joined the Catholic Church, I have gone from a compartmentalized approach to life unsuccessfully attempting to balance work and family to a life where Christ is first, family is second and work is third on my list of priorities. Additionally, I work hard at keeping Christ at the center of everything I do and the result is a more authentic and integrated approach to life where I am the same person at all times.



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