

Ten Tips for Thriving in Chaos

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1. **Stop panicking.** There's nothing to panic about yet.
2. There will be things to panic about. Wait to **find out what they are.**
3. **Carry on your work.** Build coalitions, tune in to what's happening in your community. Look for friends.
4. **Don't hunker down** and wait for this to pass, because it might not.
5. Be proactive but **do it strategically.** Start thinking longer term. What's critical to preserve?
6. **Change will brew.** This will come, in part, from the people who are being laid off. They know how to do good work in the world. Find them and connect.
7. There will be uprisings. **Consider in advance** which ones you'll join and support.
8. Let anger alert you to what's important, but **don't act from an angry place.** Calm your anger and look for strategic action.
9. **Let go of your attachments to the status quo.** It's hard to do, but staying alert and present will free you to take in the opportunities and possibilities that will emerge.
10. **Call on elders** to help. Many of us are ready and willing to create some good trouble in the world.

Takeaways

- *Plant more roots and spread out.*
- *Don't panic.*
- *There will be ashes, and we can survive them. There will be chances for the Phoenix to rise.*