



# BAY TO BAY NEWS DAILY STATE NEWS

DAILY STATE NEWS   MILFORD-HARRINGTON   MIDDLETOWN-SMYRNA   MILLSBORO-LONG NECK  
DOVER   CRISFIELD-SOMERSET   SALISBURY   CAMBRIDGE   GEORGETOWN

Local   Business   Things To Do   Neighbors   Opinion   Schools   Sports   Bay To The Beach Byways   Puzzles   DE Voters Guide   MD Voters Guide

## OPINION

# Doroshow: How to find balance amid today's chaos, challenges

Posted Wednesday, September 25, 2024 4:15 pm



PHOTO COURTESY OF DAN SHORTRIDGE

By Eric Doroshow

*Eric Doroshow of Bethany Beach, an attorney and executive coach, is the author of "Dad's Little Book of Life Lessons: Practical Ideas for Moving Your Life Forward."*

The year I became a lawyer and started my solo career, my office burned down.

1978 was challenging, with my books, records and firm turned to ashes.

It was also a difficult era for the United States: Blizzards killed hundreds in Ohio and New England. The first Unabomber bomb exploded. Harvey Milk was assassinated. More than 900 people died in Guyana under the sway of Jim Jones.

The maelstrom of national and international news, much like today, can make people feel that their worlds are out of control.

Over my lifetime and work as a lawyer, businessman and executive coach, I've found that navigating turbulent times is about three principles: equanimity, preparation and community.

“ Over my lifetime and work as a lawyer, businessman and executive coach, I've found that navigating turbulent times is about three principles: equanimity, preparation and community.”

One of the most profound lessons is the importance of equanimity — choosing a steady response over emotion. Studies have highlighted the psychological benefits of staying calm in stressful situations. Like a surfer balancing on waves, we must keep our composure amid the world's chaos. Cultivating this inner balance can help us make sound decisions rather than reactive ones.

Preparation is a critical strategy, especially for those adapting to the ever-evolving landscape of work. The job market is changing quickly, and preparing before new roles can improve our chances of success. With a fully prepared approach, each move we make — finding new jobs, starting side ventures — can set the stage for growth. We can't let setbacks defeat us but should ask ourselves: "What can I learn from this?" Embracing this outlook can spark resilience and personal innovation, critical traits in this economy.

Third, when we're increasingly isolated by politics and digital devices, forming connections and strengthening communities is more important than ever. Collaborating, sharing credit and supporting others foster a sense of mutual respect and belonging. Warren Buffett reminds us to think of those less fortunate who need help. Acknowledging that responsibility and giving back can improve the lives of those around us and enrich our own.

The life lessons I've gathered over decades as a lawyer and mentor resonate now more than ever. The world may be uncertain, but the wisdom from our experiences is our greatest ally. Gathering these tools and intentionally strengthening these traits in our lives help us craft a resilient future in the face of adversity.

*Reader reactions, pro or con, are welcomed at [civiltalk@iniusa.org](mailto:civiltalk@iniusa.org).*