

Stress Reduction Advice

Sometimes the viral emails have thoughts of value

1. Remind yourself that you are not the general manager of the universe.
2. Go to bed on time (a rested mind handles issues more calmly) and get up on time so you can start the day unrushed.
3. Learn to breathe deeply and relax your muscles for a few seconds. Do so several times a day, especially after a tense encounter. Tensions saved up all day can become harder to shake.
4. Say "No" to projects that won't fit into your schedule, or that may strain your mental health.
5. Delegate tasks to capable others.
6. Simplify and un-clutter your life. Less is more. Get organized so everything has its place.
7. Slow down. Allow extra time to do things and to get to places.
8. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together. And then take one day at a time.
9. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety. If you can't do anything about a situation, forget it.
10. Live within your budget; don't use credit cards for ordinary purchases.
11. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps in the desk, etc.
12. Talk less; listen more. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble and added work.
13. Do something for the Kid-in-You everyday.
14. Carry a Bible or calming text with you to read while waiting in line.
15. Get enough rest – ideally getting to bed before 10 so you get optimum healing time.
16. Eat right. Sugar is just "borrowed energy" and you will pay the price later.
17. Listen to a tape while driving that can help improve your quality of life. (The daily news will tell you who is getting killed, but what can you do about that besides worry?)
18. Write down thoughts and inspirations and look back on them when you are down.
19. Every day, find time to be alone.
20. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray. Remember that the shortest bridge between despair and hope is often a simple "Thank you Lord."
21. Make friends with Godly people—avoid people who wear you out.
22. Keep a folder of favorite scriptures on hand.
23. Laugh. And then laugh some more! Why pay to go to a stress-inducing movie?
24. Take your work seriously, but not yourself at all.
25. Develop a forgiving attitude (most people are doing the best they can). Be kind to unkind people (they probably need it the most).
26. Sit on your ego. We can waste a lot of time and energy trying to prove we are "right."
27. Every night before bed, think of one thing you're grateful for that you've never been grateful for before. God has a way of turning things around. "If God is for us, who can be against us?" (Romans 8:31)