

Healthy Ways to Reduce Stress

BREATHE

Allow yourself to be fully present with the people and activities in your daily life. Let God be fully present in all that you do.

Take 10 Deep Breaths

STRETCH

Gently stretch your mind, body and spirit in new ways. Increase your daily exercise to 30 minutes - Try new ways to spend time with God in your daily routine - Get to know the people who live and work around you (connect)

Meet a new person today at church or in your community

LAUGH

Adults often limit themselves to 15 or fewer laughs a days. Take a hint from children who laugh up to 400 times each day! When doing a task, ask yourself, "Where can I find the Joy of Christ here, right now?"

Allow yourself to laugh and smile - every day!

PRAY

Spend time with God, your Bible, and other people who are on a spiritual Journey that will feed and calm your soul.

Prayer is both expressive and receptive - *LISTEN* for God's "still, small voice".

Pray while you walk.

BALANCE

Lovingly assess the Balance in all areas of your life. Create time for self-care so that you have energy for other-care. Be empowered to say YES! in areas where your gifts shine, and NO when needed. LESS is MORE

Use the specific skills and talents God has gifted you.

SURRENDER

Intentionally turn every aspect of your life over to God. Try to accept what you can not change and reposition yourself to find a new perspective in challenging situations and relationships.

Rest in stillness for 10 minutes today.

Let Go and Let God