

# 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