

60 WAYS TO REDUCE STRESS

Stress is not caused by external events, but by a person's perception of those events. Because stress is different for everyone, there's no single stress reduction technique that works for everyone. Here's a list of some great ways to relieve stress; choose the ones that will work best for you, give them time to work and don't give up.

1. Pray
2. Go to bed on time and get enough rest.
3. Get up on time so you can start the day unhurried.
4. Say No to projects that won't fit into your time schedule or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify your life.
7. Less is more. (Although one is often not enough, two are often too many.)
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take life one day at a time.
11. 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.
12. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
14. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the Kid in You everyday.

16. Carry a motivational book with you to read while waiting in line.
17. Plan your day the night before.
18. Eat right. Include a variety of healthy foods in your diet
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help improve your quality of life.
21. Write down thoughts and inspirations.
22. Every day, find time to be alone.
23. 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.
24. Make friends with Godly people.
25. Keep a folder of favorite scriptures on hand.
26. Remember that the shortest bridge between despair and hope is often a good "Thank you, God."
27. Laugh. Humor can help keep things in perspective.
28. Laugh some more!
29. Take your work but not yourself seriously.
30. Develop a forgiving attitude (most people are doing the best they can).
31. Be kind to unkind people (they probably need it the most).
32. Sit on your ego.
33. Talk less; listen more.
34. Slow down.
35. Remind yourself that you are not the general manager of the universe.
36. Every night before bed, think of one thing you're grateful for that you've never been grateful for before.

37. Keep a few extra \$\$\$ in your car or desk
38. Exercise burns off stress hormones such as adrenaline.
39. Be assertive and speak up for yourself.
40. Relax your standards. Who says you must be perfect?
41. Don't bottle up anger. Express it, get help dealing with it and let it go.
42. Put up Red adhesive dots around the house, work and car. Every time you see one take four deep breaths.
43. Try progressive relaxation. Releases muscle tension.
44. Discuss finances with loved ones to prevent stress
45. Create a budget and stick to it.
46. Plan getaways whenever possible.
47. Set priorities. Choose what you really want to do.
48. Get a massage. This is one of the greatest stress reducers.
49. Keep a journal. Write about your problems.
50. Avoid long lines by shopping at off hours.
51. Use Aroma therapy. Keep flowers, candles or other scented items around.
52. Don't let worries drain your energies. Get help; solve problems and let go of them.
53. Give yourself a break. Don't procrastinate.
54. Relax your standards. Who says you have to be perfect?
55. Keep at least a quarter of a tank of gas in your car at all times.
56. Take deep breaths to lower blood pressure and pulse rate
57. Stock up on items you'll always need like toothpaste, detergent, bathroom tissue, etc.

58. Gardening provides moderate exercise and a slower pace.

59. Keep extra essentials at work or in the car like umbrella, safety pins, band aids, etc.

60. Figure out what you really want to do with your life. How do you want to be remembered? Not too many people on their deathbeds wish they had spent more time at the office!

An Angel says, "Never borrow from the future. If you worry about what may happen tomorrow and it doesn't happen, you have worried in vain. Even if it does happen, you have to worry twice."