

36 CHRISTIAN WAYS TO REDUCE STRESS

- 1) Pray
- 2) Go to bed on time.
- 3) Get up on time so you can start the day unrushed.
- 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 and unclutter your life
- 7) Less is more. (Although one is often 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 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 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, extras 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 Bible with you to read while waiting in line.
- 17) Get enough rest.
- 18) Eat right.
- 19) Get organized so everything has its place.
- 20) Listen to a tape while driving that can help improve your quality of life. Listen to Christian radio stations, American family radio.
- 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 Lord."
- 27) Laugh.
- 28) Laugh some more!
- 29) Take your work seriously, but not yourself at all.
- 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. GOD HAS A WAY OF TURNING THINGS AROUND FOR YOU. "If God is for us, who can be against us?" (Romans 8:31).

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