

## 36 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*
5. *Delegate tasks to capable others.* *health.*
6. *Simplify and unclutter 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*
10. *Take one day at a time.* *all together.*
11. *Separate worries from concerns. If a situation is a concern, find out what God would*  
*have you to 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*
14. *Do something for the Kid in You everyday.* *stamps, etc.,*
15. *K.M.S. (Keep Mouth Shut.) This single piece of advice can prevent an enormous amount of trouble.*
16. *Carry a Bible with you to read while waiting in line.*
17. *Get enough exercise.*
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.*
21. *Write thoughts and inspirations down.*
22. *Everyday, 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*
24. *Make friends with Godly people.* *it's time to go to bed to try and pray.*
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 Jesus!"*
27. *Laugh.*
28. *Laugh some more!*
29. *Take your work seriously, but yourself not 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.*
36. *Every night before bed, think of one thing you're grateful for that you've never been grateful for*
35. *Remind yourself that you are not the general manager of the universe.* *before.*