

Plan for Stress- *Take Action, Make Plans, Make Some Choices*

Stress is the reaction to a challenge (a stressor). We can choose to act instead of react.

Water: Drink 1 ounce for every 2 lbs you weigh. It will give you energy, keep your blood pure, help control appetite, and help you think clearly. At least 8 cups per day.

Exercise: By exercising every day your body will manufacture happy hormones called endorphins. Take a vigorous walk outside in the sun and fresh air, or do some outdoor work. You will actually have more energy, a clearer mind, and better coping when you get vigorous exercise 5 times a week. Try it, you'll see ☺

Lots of Fresh Air: Take some deep breaths when tempted to get stressed. Make a habit of breathing from the diaphragm.

Remember prayer is the breath of the soul, keep in constant communion with God.

Live Temperately: Abstain from everything harmful and use wisely the things that are good.

Make a list of your stressors

Assess your values, concentrate on what is important

Prioritize

Simplify tasks

Do the most difficult tasks during your peak time

Learn to say "No"

Delegate

Ask "Does this **have** to be done?"

"Do **I** have to do it?"

"Does it have to be done **now**?"



Nutrition: The mind and the body are connected, when we are not eating right, it affects our mind and our nerves. Eat fresh fruit and whole grains every morning. For lunch, eat raw vegetables like a salad, another cooked vegetable, and a healthy entrée, like brown rice and beans, baked potato, whole grain pasta. Eat on a schedule and don't snack. Stay away from the white foods...sugar, white rice, white flour. Drink only water, no soda, coffee, or tea. Caffeine will only make your stress worse.

Entire Trust in God: If you are stressed, you are not trusting God. We need greater faith and we will receive this when we spend time getting to know God by studying the Bible, praying, going to church, and fellowshiping with other Christians. Ask God to order your life, He is bigger than any problem, and He has a thousand way to solve them when we can't find one way.

Do something for someone else, this will take your mind off your problems, and you may find that others have it worse than you.

Sunshine: Spend a minimum of 15 minutes in the sun each day. This will increase your production of Serotonin which is a well-being hormone. This beats taking medication. Other benefits are keeping your bones strong, lower your blood pressure and blood sugar, and many others. Let the sun into your home.

Sleep/ Sabbath Rest: Avoid unnecessary expenditures of energy

Avoid becoming overtired

Do not overextend yourself

Get 7-9 hours of sleep each night, retiring 2-3 hours before midnight

Learn to relax, and enjoy some kind of wholesome recreation

Take one day a week for a weekly rest. God made our bodies with a weekly cycle in mind.