

Stress-Less

Definition: Stress is a mental, emotional and physical response to a perceived threat or stressor. We are in Fight or Flight mode.

1. Listen to your body. Your emotions many times speak through physical reactions. Consider them the dash-board of your life. If we disengage this dashboard long enough we may become unaware of what stresses us and not be able to properly respond or prevent our stress.
2. Consider is this something I am able to change? Many times we feel responsible for something when we are really unable to respond. (Response-able). If you are unable to respond let yourself off the hook.
3. Pain vs misery. Pain is inevitable, misery is optional. Life includes a certain amount of pain on a daily basis. However, gripping in our heart or mind things we cannot change cause misery. Ways we grip include trying to change other people, pushing our way, unforgiveness. All of these hurt us internally more than change our environment.

Tips to stress-less

Stretch – especially your neck, back and arms

Cut down or eliminate stimulants such as coffee and tea

Sing –loud!

Take time to do something fun or be silly.

Make someone's day

Escape into a good movie

Focus on what you Can Change ~ let go of the rest

Pray – visualize God beside you

Ask yourself if this will matter next year

Scream into a pillow or cry

Vent to a friend or journal

Exercise –at least walk

Listen to soothing music

Play with pets ~ go to the pet store if you don't have one

Say “No” more often – because it is hurting/stressing your too much

Stop doing for others what they should do for themselves

Read a good book

Rest and eat healthy

Make a list of to do's, prioritize, delegate

Talk to positive people – do what they do

Face your fears

Change your expectations

Make positive choices for your future.