

20 Tips to Beat Stress

From the upcoming book *Change My Mind*

MAKE SURE YOU GET ENOUGH SLEEP: 7-8 hours a day

EAT NUTRITIOUS MEALS: at set times and drink lots of water

EXERCISE REGULARLY: 30 minutes a day + 2 longer workouts/week

PUT EACH DAY IN GOD'S HANDS: in prayer - He's bigger than you...

PLAN YOUR DAY, EVERY DAY: you'll be more effective

PRIORITIZE YOUR TASKS: distinguish between "important"

and "non-important", "urgent" and "non-urgent". People first!

BE HONEST: Don't expect yourself to do more than you can or be more than you are. Don't promise to others what you can't do for sure.

LEARN TO SAY "NO"!: when the expectations get too high and stress stands knocking on your door. It's o.k. to be human.

BELIEVE IN YOURSELF: even if other's don't see your progress

HAVE FAITH IN THE DAY: Believe that this day is going to bring you some good news

BE PATIENT WITH YOURSELF: It will all work out - Rome wasn't built in a day...and God isn't finished with you yet.

FORGIVE QUICKLY: This makes you free from bitterness which steals your joy & your energy. Forgive others as God, in Christ Jesus forgave you.

NEVER STOP DREAMING: but make sure to break your dream down into small doable, measurable goals and pursue them diligently

GIVE GENEROUSLY: What you sow will come back to you

LOVE OTHERS: without expecting anything in return

BE SLOW TO ANGER: take a deep breath and count to 10. It probably isn't as bad as you imagine. Keeping your head cool will help you find a solution.

BE SLOW TO SPEAK: weigh your words and your promises beforehand

GET OTHER'S WISE COUNSEL: before making any major course change(s) in your life and weigh the possible costs of the alternatives

TAKE IT "ONE DAY AT A TIME": that's all you have to do - don't worry!

ENJOY THE HERE & THE NOW: and leave the rest until tomorrow

☺ Remember: it's just a job....go home after your hours are done.