

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.