

# 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.