

## Christian Ways to Reduce Stress

### Overview

Someone once said: "Never borrow from the future. If you worry about what may happen tomorrow - and it does not happen - you will have worried in vain. Even if it does happen, you will be worrying twice." The following is a partial list of some simple Christian ways you can reduce stress in your own life – and you can start today!

1. Pray – unceasingly.
2. Go to bed on time – and pray.
3. Get up on time so you can start the day unrushed – and pray.
4. Say "No" to projects that will not fit into your time schedule, or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and un-clutter your life.
7. Less is more. Although one is often not enough, two are often too many.
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time; do not lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety. If you cannot do anything about a situation, forget it.
12. Live within your budget; do not use credit cards for ordinary purchases.
13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
14. K.M.S. - (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
15. Do something for the "Kid in You" everyday.
16. Carry a Bible or prayer book with you to read while waiting in line.

17. Get enough rest.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help improve your quality of life.
21. Write down your thoughts and inspirations.
22. Every day, find time to be alone.
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud.  
Do not wait until it is time to go to bed to try to pray.
24. Make friends with Godly people. Pray for the people who are not Godly.
25. Keep a folder of favorite scriptures on hand.
26. Remember that the shortest bridge between despair and hope is often a good  
"Thank you Jesus."
27. Laugh. – Then, laugh some more!
28. Take your work seriously, but never yourself.
29. Develop a forgiving attitude. Most people are doing the best they can.
30. Be kind to unkind people. They probably need it the most.
31. Sit on your ego.
32. Talk less - listen more. God gave us two ears and one mouth so we can listen  
twice as much.
33. Slow down – smell the roses!
34. Remind yourself that you are not the general manager of the universe.
35. Every night before bed, think of one thing you are grateful for that you have never  
been grateful for before. Then, pray.

GOD HAS A WAY OF TURNING THINGS AROUND FOR YOU.  
"If God is for us, who can be against us?" (Romans 8:31)