

Manage Your Stress

1. Make and keep a list of activities that you can do to lessen your stress (Life Journal) ¹
2. Breathe deeply
 - a. Fully in
 - b. Fully out
3. Follow a written plan, set goals, and follow through
 - a. Do most important things first
 - b. Avoid procrastination — a stress causer
4. Walk vigorously or run daily
 - a. Causes circulation
 - b. A proven stress reducer and mental health improver ²
5. Spend time in nature³
6. Make a list of things for which you are thankful every evening and morning. E.g.
 - a. Eyesight
 - b. Hearing
 - c. Taste
 - d. Working fingers, toes, hands, feet, legs, and arms
 - e. Nature
 - f. Give thanks in every circumstance (“rejoice evermore, pray without ceasing, in everything give thanks” 1 Thess. 5:16-18.)
7. Reduce time in front of a screen
 - a. Don’t waste time with fictional media which drains your energy and motivation
 - b. Learn something new, interesting, pure, and helpful (Phil. 3:8)
 - i. Goodwill books on major holidays are 50% off
 - ii. Library book sales
 - iii. Read Proverbs
 - iv. Memorize promises (e.g. Psalms 103:1-5)
 - v. Read biographies of noble people who have overcome
8. Help someone who needs it. Look for those who are sad and depressed and work towards relieving them.
 - a. Giving is the joy of the Lord (Isaiah 58:10-11)
 - b. Working those who are more sick and less fortunate than you are will make you more thankful for the blessings you unknowingly enjoy
9. Don’t eat too much. Stressing your body will stress your mind.
10. Pray (without ceasing, 1 Thess. 5:17 cf. Luke 18:1)
11. Look at pictures of nature
12. Come to Freshstart. I will give more information on these.

The Chaplain’s Office

¹ http://www.adventbeliefs.com/chaplain/life_journal_ns_guests.pdf

² www.adaa.org/living-with-anxiety/managing-anxiety/exercise-stress-and-anxiety

³ <http://www.outsideonline.com/news-from-the-field/Study-Hiking-Makes-You-Happier.html>