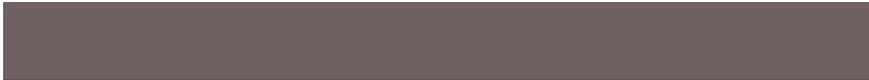




10 SECRETS
to
HELP YOU
CRUSH STRESS



by Mona Hodgson

Hi, friends!

The Covid-19 global crisis will likely sit at or near the top of your list of the most stressful seasons ever. There wasn't one area of our lives not affected by the social distancing and shelter in place orders, closed school buildings, offices going online, cancelled travel plans, delayed medical appointments and procedures, and the constant stream of devastating news related to the pandemic.

And all of that on top of the usual stresses of everyday life. Our social and business gatherings moved online, which brought new stresses along with the blessing of opportunities to stay connected. While you and I can find much to be grateful for in every season, the stresses of change and uncertainty are real.

Friend, I'm in this chaotic and wonderful life with you, and I'm hoping this resource helps you lighten the load.

Grace and peace,
Mona

1. Hit Pause.

Timeouts aren't just for naughty kiddos. They also work for stressed adults! A pause cultivates contemplation, which in turn can lead to possibilities.

2. Get real with yourself.

Be honest with yourself in regard to your limitations and give yourself permission to say "no" when it's the best answer.

3. Engage in artistic expression.

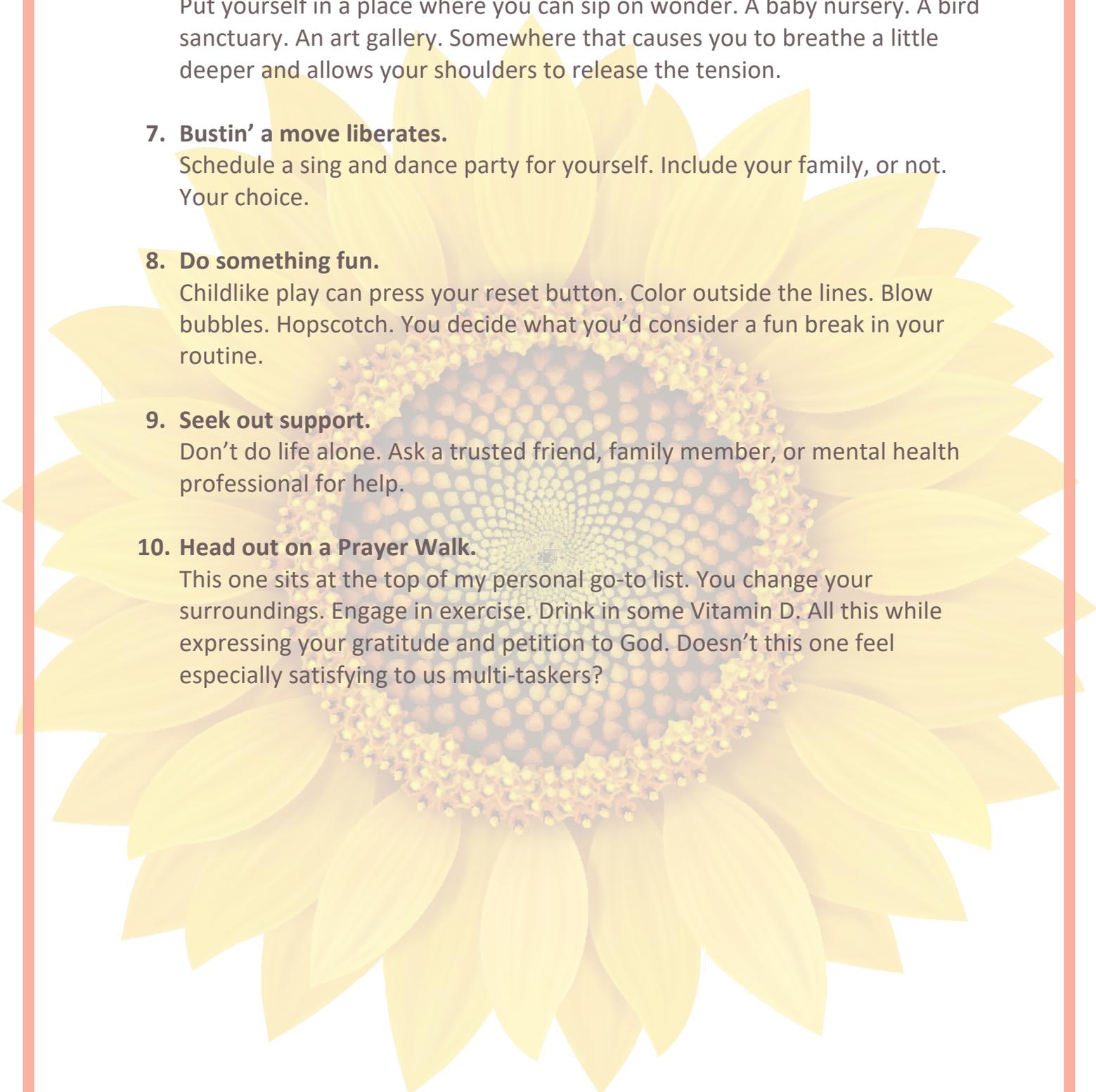
Draw. Write in your journal. Play the piano, the guitar, a flute. Paint a rock. Create a found object sculpture. Give yourself a creativity break.

4. Scrutinize your sleep schedule.

Are you getting enough rest to refresh your body and your mind? If not, make adjustments.

5. Perfectionism paralyzes.

Are you expecting too much of yourself during this topsy-turvy time? Give yourself some grace.



6. Awe trumps anxiety.

Put yourself in a place where you can sip on wonder. A baby nursery. A bird sanctuary. An art gallery. Somewhere that causes you to breathe a little deeper and allows your shoulders to release the tension.

7. Bustin' a move liberates.

Schedule a sing and dance party for yourself. Include your family, or not. Your choice.

8. Do something fun.

Childlike play can press your reset button. Color outside the lines. Blow bubbles. Hopscotch. You decide what you'd consider a fun break in your routine.

9. Seek out support.

Don't do life alone. Ask a trusted friend, family member, or mental health professional for help.

10. Head out on a Prayer Walk.

This one sits at the top of my personal go-to list. You change your surroundings. Engage in exercise. Drink in some Vitamin D. All this while expressing your gratitude and petition to God. Doesn't this one feel especially satisfying to us multi-taskers?