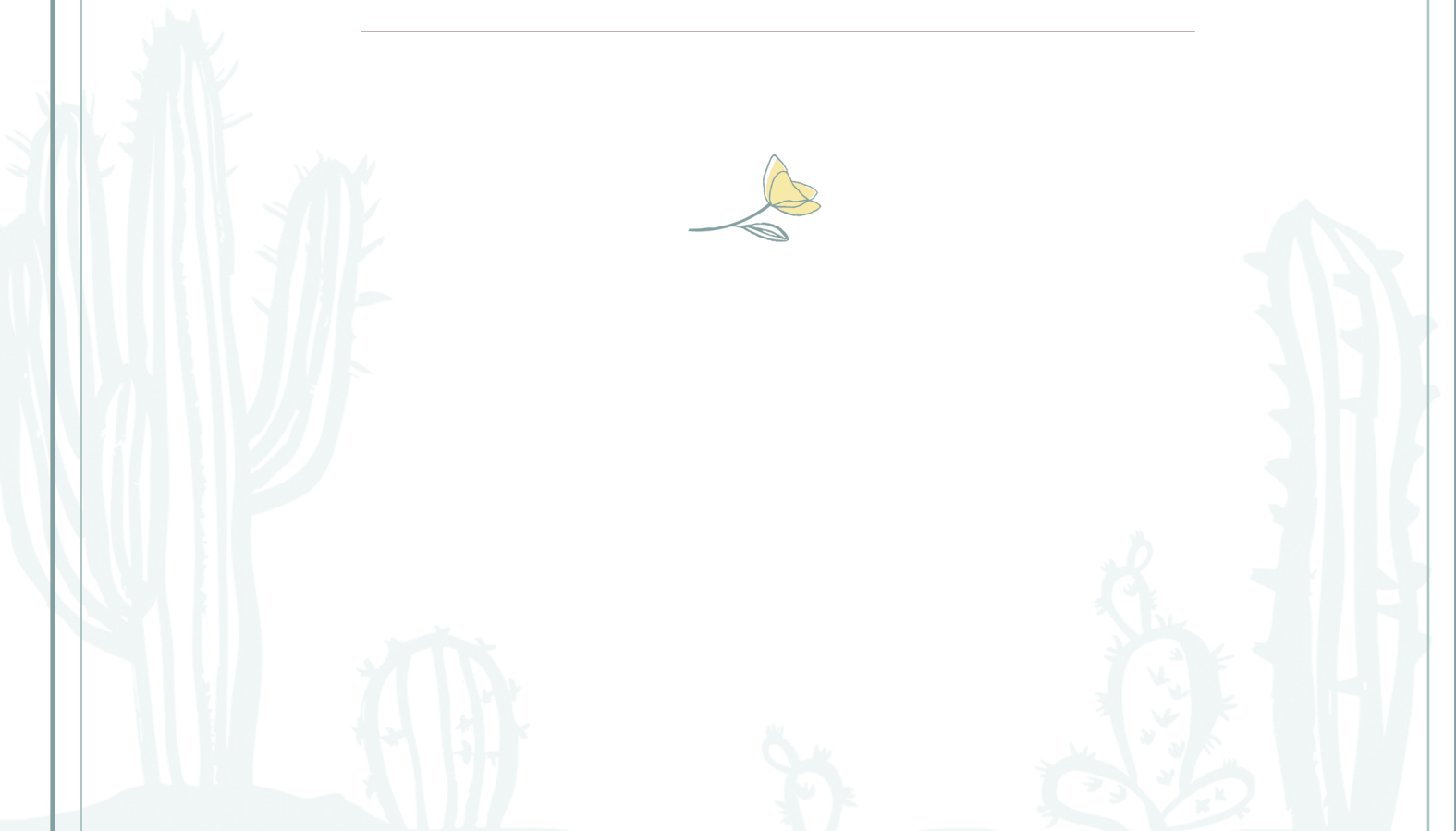




10 STRATEGIES

– TO –

HELP YOU CRUSH STRESS



1 Hit Pause.

Timeouts aren't just for naughty kiddos. They also work for stressed adults! Even a short pause can cultivate 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 and permission to do what you can do—perfect or not.

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. This one may just feel most satisfying to us multi-taskers.