

STRESS

TOP 3

Before getting upset, think will this matter in 5 years.

Oulda's are too late, Woulda, Coulda, Shoulda, let go and move on

Stress should be something we use to help us realize that there's nothing in our life that we cannot get through with God's help—If we seek His help.

NEXT TOP 7

It's OK to be down, but it's not OK to stay there.

Worry about only those problems that are in your control.

Never ever, ever, ever Give Up!

Stress is normal—how we deal with it is what is wisdom or foolishness

Take care of yourself first; mind, body, and soul. Then worry about everything else

Stress: Pet the dog or cat

Exercise is a great stress reliever. Set a daily routine. Do the same each week.

STRESS ALL OTHER

Transform stress into positive energy

Even if you've got nothing (or feel like it), try to help others and have a "Giving Back" Attitude—it will make you feel better and feel like you do have something by doing so.

You thought "Tiger" had it All

Stress? What stress?

Find some quiet time to rest your body and mind

Need patience

When someone causes you stress, don't get mad. Release your stress by having fun rising above the situation. (Getting even)

Stress: Leave it behind for those special celebrations. Turn the Blackberries off and let the warm personal thoughts flow.

Chocolate and a good cup of coffee... Before and After

Take advantage of offering (MO college has a massage clinic. St. Louis Acupuncture has clinic also

Stress: Stress and object to find strength. Stress and object you find true character

When cheers aren't there, what are you doing?

It's never too late for a happy childhood!...and adulthood too? Keep learning, growing, playing and working.

Stress- Have a conversation with yourself ahead of the parties to prepare how you want to answer questions that may be difficult –career-money-relationships.

This too shall pass!

Do something positive/fun first thing in the day

Stress: Divide your time 1/3 family, 1/3 work, 1/3 yourself

Free Christmas concerts at churches—e.g. Kirkwood Methodist Wed-noon

No stress- no cameras allowed on Christmas morning—We don't all look great in p.j.'s.

Stress: A positive attitude doesn't always succeed—A negative attitude never succeeds

Stress: Do not dwell on issues that cause stress. You become non-productive. Think positive; bad things don't last forever.

Stress kills, handle carefully!

Find a healthy outlet to unwind. Keep everything in perspective!

Stress will kill you, relaxation will not

It's not worth ruining your healthy over stress

Allow tension—it's manageable... Disallow stress-it can be debilitating.

Remember to laugh everyday—enjoy the season!

Stress: understand that those with you love you

The best way I found to relieve stress is to take it to the Lord in Prayer

Faith in God is a great stress reliever

God has not given us a spirit of fear, But one of power, love and a sound mind. Paul's letter to Timothy

When things out of hand (too hard to handle), Put it in God's hands

Create a list of blessings in my life and what is good—share with family

Take some quiet time for you...read, pray, walk, and breathe

Listen to that small voice and relax

Stress: Talk about it! Run into it! Ask for help to solve what is issue. Don't spend that valuable time complaining.

Gather with friends to bake cookies—(great socially and helps prepare if you have/want to take cookies to work/school)

Look at support groups

Talk with others

Stress is in the mind. Don't let it win!

Stress: Try to focus on the good thing; your health, family, friends and stay active doing for yourself and others

Seek out friends to talk to

Stress: visualize negative thoughts as sock monkey puppets. When they creep in, say, "Get out, sock monkey!"

Lack of sleep is a sign that your mental health may be in Danger.

Stress: Prioritize your reaction. Is it really that important?

Your reaction to a situation can cause stress (or not). Try to not let the situation control you

Stress: Don't sweat what you can't control

Stress: Exercise and do something you enjoy

When you become so stressed you can't think, go exercise! Drink a glass of water.

Exercise—either at the gym or first take a walk through the neighborhood. Especially at dusk to enjoy all the neighbor's Christmas decorations.

Stick to an exercise plan!

Walking is a blessing—In a park is a treasure

Stress: work you body in some way everyday until you are too tired to stress

Stress: Exercise

A little goes a long way.

Stress: Choose a form of exercise that's fun. Do it daily.

Chill out—Don't cause stress in others

Stress makes you a mess; calm is like a balm.

Stress: If shopping creates stress, do it online or go early in the morning.

Stress: take 15 minutes every morning to reflect on what you are thankful for, the small positives in your life.

Happiness is what you choose to make it. So... Take a moment and breathe, you'll be surprised what you find.

Stress: Stop, Close Eyes, Deep Breath, Open Eyes Mind & Heart

Breathe!

Breathe deep, Seek Peace (from a children's book Dinotopia)

Deep breathing can really help alleviate stress