

FEELING STRESSED?

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TIPS & THOUGHTS

What to Do When I'm Feeling Stressed:

- Search for another perspective or point of view
- Exercise - move (walk, run, ride a bike)
- Eat healthy even though comfort food sounds good
- Make sure your goals are realistic
- Be kind to yourself and give yourself some grace
- Practice relaxing (deep breathing, mindfulness, prayer)
- Examine values and priorities
- Reduce what triggers your stress - pacing, time management, etc.
- Set boundaries - be assertive, say no to demands on time and energy
- Be sure your actions reflect your beliefs

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Scripture to Focus on When I'm Feeling Stressed:

Philippians 4:6-7

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your request be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Psalm 113:3

From the rising of the sun unto the going down of the same the Lord's name is to be praised.

Psalm 28:7

The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.

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