



A Note About Exercise

A regular (even daily) exercise routine is critical during times of worry. Not only does exercise give you a sense of positive accomplishment, it helps to readjust mood-related chemicals in the brain by stimulating dopamine, norepinephrine and serotonin – the same chemicals which often deplete when we're anxious and depressed. Exercise an hour or two before bedtime will also help you sleep.



Your Next Steppingstone

- Now that you're comfortable standing firmly on the bright, warm light of your TODAY steppingstone, imagine a halo of light slightly illuminating the next stone in front of you. There's just enough light on it to barely make out the word – **'TOMORROW'**. You know it's there, but you can't let your mind land on it until tomorrow.
- This exercise demands that you *take your thoughts captive (2 Cor 10:5)* and stop them the moment they drift into the future where *anxiety* and *what if's* play with your mind. At first, you're going to be surprised how subconsciously and frequently your mind drifts forward. But like any muscle, the more you pay attention to your thoughts and drag them back to your steppingstone, the easier it will become.
- Get into a habit of taking a deep breath, slowing your breathing and repeating your *personal scripture*. The more you practice this, the stronger your sense of peace, calm and reassurance that God has control of everything -- your today, tomorrow and eternity.
- *"Don't worry about tomorrow. Tomorrow will take care of itself. (Mat. 6:34)*
- *"Which of you by worrying can add a single hour to your life" (Luke 12:25)*