

## SEVEN WAYS TO DECREASE STRESS IN YOUR LIFE

1. Listen to pain. Pain is our body's way of letting us know that something is injured. Pain is a stressor. Without addressing its cause, the root of the problem continues.
2. Get those Z's. Regular sleep which includes the hours of 10:00-12:00 PM is especially healing. Your adrenal glands, among other things, help you deal with stress, and they recover during this time. Many other helpful things happen during refreshing sleep that help the body rejuvenate. Most people really do need those eight hours.
3. Eat regular meals in a place other than your desk: Eating in the car, on the run, or at a desk next to the ringing telephone is quite the norm for many people, but not good for digestion. Eating regularly keeps your blood sugar stable. Unstable blood sugar, either high or low, is a stress to the body. Finding a quiet place without interruption ensures that you give your body a chance to digest properly.
4. Take a break: Whether that means a walk during a break at work, or, in the bigger picture, a much-needed vacation, give yourself time off. Our Master took time out to pray and be alone and in our busy world, this is increasingly harder to do.
5. Find ways to exercise, even if it's walking. Regular exercise, even if it's a brisk jaunt around the block is helpful. Exercise reduces the stress hormone, cortisol, which is in abundant supply when we're on overdrive.
6. Stay connected: We were made to be social creatures and we really do need each other. Those who have a good support system do much better with the stresses of everyday life. Even if it's just one other person with whom you can share, that's important.
7. Talk with the Master: Prayer has been studied in many ways, and it is definitely a calming activity. It also helps to roll our problems off onto His shoulders.