



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

BULLETIN INSERT

Consider the lilies . . .

*“ . . . do not worry about your life,
what you will eat, or about your
body, what you will wear. . .*

*Consider the lilies, how they grow . .
. if God so clothes the grass of the
field, . . . how much more will he
clothe you - you of little faith! (Luke
12:22-28)*



Jesus tells us, “Do not worry” and tells us to trust in God. We can also help free ourselves from stress and put balance in our lives with the following tips. To manage your stress, first identify the causes, then:

1. Avoid unnecessary stress.
 - a. Learn how to say “No,” graciously and stick to it.
 - b. If possible, avoid people who stress you out.
 - c. Pare down your “To Do” List and prioritize.
2. Alter the situation.
 - a. Learn to express your feelings instead of bottling them up.
 - b. Be more assertive about your needs but also willing to compromise when necessary.
 - c. Manage your time. Multi-tasking is not always most efficient!
3. Adapt to the stressor.
 - a. Look at the big picture. Is this really worth getting upset over?
 - b. Adjust your standards. Perfectionism is a major source of stress! Sometimes “good enough” is the right answer.
 - c. Focus on the positive.
4. Accept the things you can’t change.
 - a. Focus on what you can control – your reaction to the situation.
 - b. Share your feelings with someone you trust. Talking something over can change your perspective.
 - c. Learn to forgive. In the same way that God forgives us, free yourself from negative energy by forgiving and moving on.
5. Make time for fun and relaxation.
 - a. Set aside time every day to do something you enjoy.
 - b. Keep your sense of humor including the ability to laugh at yourself!
6. Adopt a healthy lifestyle.
 - a. Exercise regularly. Physical exercise such as walking, gardening, cleaning house releases endorphins to combat stress.
 - b. Eat a healthy diet. Restrict caffeine and alcohol.
 - c. Get enough sleep. It helps the mind and body recharge.



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- d. Meditate to attain feelings of peace and balance. This can be done while walking or even waiting for an appointment.