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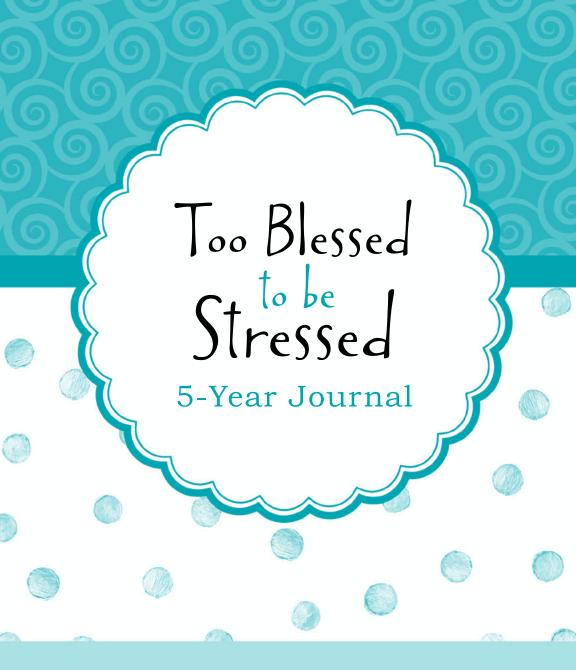
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Inspiration and Encouragement from **Debora M. Coty**

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Take a deep breath. Close your eyes. Exhale slowly. There. You've just taken the first step in stress reduction.

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Good judgment comes from bad experiences and a lot of that comes from bad judgment. U_{NKNOWN}

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Time to LOL!

I knew it was time to address my stress issues when my growl grew louder than the dog's, and my fam tactfully suggested I get a rabies shot.

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God will never let you down.
1 Corinthians 10:13 msg

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Pressure creates both diamonds and volcanoes.

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Let a few things go. Tomorrow, release a few more. In time those tasks will quit nagging at you, and you'll literally feel the stress rocks in your stomach disintegrate into dust!

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When we live life in a hurry, we end up weary. . .in a hurry. Keri Wyatt Kent

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Give up perfectionism.

Ain't nobody perfect but Jesus, and you're not Him.

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Half our life is spent trying to find something to do with the time we have rushed through life trying to save. $W_{\rm ILL}\ Rogers$

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When you're tempted to forsake your devotional moments, family time, or prayer walks to toothbrush the grout, disinfect the toilets, or scrub the baseboards like Martha on steroids, remember Jesus' words to His beloved spiritual sister: "Martha, dear Martha, you're fussing far too much and getting yourself all worked up over nothing" (John 10:41 MSG).

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The joy of the Lord is your strength. Nehemiah $8:10\ \mathrm{Niv}$

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Positive self-talk is a *huge* part of everyday stress management. By choosing an upbeat attitude, our outlook becomes much more optimistic and consequently much less stress-producing.

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Tweak your tone! "Impossible" is a brick wall compared to "this may take some work." Wouldn't you rather tackle a project that's "challenging," rather than "unmanageable"?

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Unless you're the reigning world champion, there will always be someone better than you at a specific skill. So what? You don't need another tiara.

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Let all things be done decently and in order. 1 Corinthians 14:40 kJV

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Rearrange the following priorities in order of importance to you: "me" time, family, faith, work, achieving success, appearance, relationships, schedules. On which three do you spend the most time?

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Act positive to actually become positive. . . . In other words, putting on a happy-face mask truly makes us feel happier!

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Memorize Philippians 4:13. Repeat frequently. Trust God and act on it! *I can do everything through Christ, who gives me strength.*PHILIPPIANS 4:13 NLT

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When we allow negative self-talk, we're not only limiting ourselves, we're limiting our God. . .the Creator of the Universe. . .the One who is ready to fill us with expectancy, hope, and potential.

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Words are powerful.

They have the ability to change our perception of our own abilities from limited to limitless.

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Whether you think you can or think you can't—you are right. $_{\rm HENRY}$ Ford