

## **R**est

- sufficient rest each night.
- daily - small breaks, deep breath, exhale slow, 5-minute walk.

## **E**xercise

- regular physical activity reduces the effects of stress. Try a 30 minute walk each day.

## **C**onnect with God

- daily time in the Bible, prayer, devotion. Allow time for personal reflection.

## **O**rganized

- set a realistic daily schedule that includes rest, relationship/family and fun.

## **V**alue yourself

- take time to invest in you.

## **E**at well

- eat a balanced diet - lean meats, fruits, veggies, drink plenty of water.

## **R**each Out

- Talk to Your Friends/Get professional help-Talking with others helps relieve stress.

## **E**ven out your pace

- Don't schedule too many things in one day, plan your time efficiently.

## **D**on't say yes to everything

- Don't accept every invitation/opportunity. Allowing someone else to serve helps you and them.