

# ABCs of Stress Management

**A – Arrange your priorities** - all of us have the same number of hours in the day but some people seem to accomplish so much! How? They use the priority method. Early in your day number your tasks based not just on priorities of importance but also on level of difficulty. Get the burdensome, heavy tasks out the way while you're fresh, then the rest of the day is a breeze! ...

**B – Bust out of the routine** - so many times we get caught up in the same ol', same ol' and although this can be comforting it can also play on our energy – everyone of us are actually created to delight in the adventure of newness! Only when we insist on doing something out of the ordinary can we truly rejoice in renewal! ...

**C – Clear your mind** - that's right, just empty your brain for several minutes, giving it a much needed rest from the busyness of whirling from one emergency to the next. Listen to and take comfort in the quietness of your heart - it is a matter of decision, "I will be quiet, choose serenity, and be wrapped in comfort for 10 minutes – starting NOW!" ...

**D – Direct your thoughts** - boldly determine to concentrate on key power verses, written affirmations or just jerk your thoughts to absolute frivolity in place of giving into the seemingly desperate moment you may be entering. ...

**E – Engage others in your quest for peace** - there is no doubt about it, strength comes in numbers and when your nearest and dearest know you are on a quest for peace they will more than likely come on board to accommodate you in your search. And remember there is nothing like the present to search out new friends and seek support of like-minded individuals! ...

**F – Funnel your energy** - yep, make believe there's a funnel that you can gather all your forces into and concentrate puring that energy into the task at hand. It's undeniably true that each of us has untapped sources of power. Usually, our energy is just scattered to the far winds of circumstance instead of focused on what has to be accomplished. So, decide now you will respond in mightiness! ...

**G - Guide your heart** – honestly! Sometimes we get caught up in so many unnecessary 'dramas' that it saps of the passion we need to love our family properly! We live vicariously through TV or movies when we should be writing our own masterpieces of love, loyalty and dedication. ...

**H – Handle yourself with grace** - determine to be a person seasoned with grace – let your words, thoughts, and actions be guided by and filled with grace and you will be amazed – absolutely astonished - at how your view of any given negative situation will change. Relish these moments and then make this new reaction be your 'all the time' choice! ...

**I – Increase your water intake** - something as simple as a lack of water can make you unreasonably cranky. Dedicate yourself to proper intake of H<sub>2</sub>O and see the radical difference watering your physical body may make to your spiritual heart! ...

**J – Judge wisely 'to do or not to do'** - decide to 'just say no!' to a few items on that so very important 'to do' list. Come on, give yourself and your family a break, and you may just surprise yourself that the world kept on its axis in spite of your negligence! ...

**K – Keep out of danger** – why do we persist in getting ourselves in situations that we know are going to be stressful? We're adults and we know the caution signs, so decide now to DETOUR! - take another route rather than be in any given situation that will lead us to “the dark side”! ...

**L – Laugh often** - How fun!! I love this one best! Make up your mind to find something funny (not at the expense of someone else) in any given stressful moment – OR dredge up some zany memory from the archives of your mind and make yourself that hilarious moment and LAUGH – deep, wonderful, tear-streaming belly laughs! ...

**M – Manage your reactions** – Yep a Dee – how we react is all up to us! Demand of yourself that you will remain calm, collected and in control of your emotions. Do this often enough and it will become characteristic of who you are and wow, what a cool trait to be known for! ...

**N – Negate pessimism** - just slap dab make daggum sure that you will not feed off of others negative remarks or any negative thought that comes to your head. YUCK – this worse than cannibalism! Don't ya know you are eating your very soul when you consume negative energy!?! ...

**O – Offer alternatives** - we can't keep taking away and just be empty – granted we have to get rid of negative, bad thoughts, emotions, habits but also, we MUST fill up our hearts, minds and souls with the good stuff. Affirmations, new constructive habits, and determinations of positive thought patterns can be your alternate lifestyle! ...

**P – Pray for inner peace** ... The Lord is not slack in keeping His promises and if you truly seek peace then rest with absolute assurance that He will direct your steps to all that you need to find that peace. You may be asked to leave your comfort zone of upheaval, but know there is a way and a plan for all of us!

**Q – Quit blaming others** .- that's right! YOU have got to take responsibility for your own life and make up YOUR mind that you be in control. Being a victim is all about choice and you can control your mentality. Claim the mindset of the VICTORIOUS! ...

**R – Relinquish control** - irregardless of what society dictates, it is not all about YOU! When we humbly give in on matters that really are not all that important then life becomes so much more bearable. Give someone you love the gift of doing it or having it, *their way!* (what a sweet surprise you can create!) ...

**S – Sleep sufficiently** - wow, ya gotta love this one! Wonderful, restful sleep is so very vital to our well being – schedule your life to accommodate 7 – 8 hours of sleep minimum per night. Turn off that TV or computer and GO TO BED!! ...

**T – Tailor your day to suit your agenda** - don't have an agenda? Don't have a plan? Yikes! This is the only day you have that will be today!! when it's gone, it's **gone** - never to be called back, never to be lived again – don't WASTE your time! It is not recyclable and there is no measure of its WORTH!...

**U – Utilize your new found information** – don't be guilty of being a hoarder and just clutter up your mind with bunches of valuable information that is never used. Live in the land of no regrets by actively seeking wisdom and then using it in a discerning way! ...

**V – Vent constructively** – of course, frustration is inevitable! Life is life and we each will have our times of drama and trauma and well, with all that said, we must find outlets to vent – whether it be through a good hard work out, a vigorous walk, or yard or housework, we can be constructive and pound out those strong annoyances in beneficial ways! ...

**W – Wind down** - just RELAX, chill out for crying out loud! You have permission to lay back, let it all go and enjoy – whether it be a good, hot bubble bath, a night with the guys and a game, a comfy chair and a good book, you get the picture – just wind down and spend a select time to rejuvenate! ...

**X -eXamine yourself** - take stock, do a personal inventory and get to know who you are. Are you involved in all this stress because of necessity? Are you taking on more responsibilities than is reasonable? Are you caught up in 'keeping up with the Joneses and therefore have gotten yourself and your family in financial straits or overwhelmed with unnecessary activities? Well, make up your mind to remedy the situations that can be remedied. Be honest and Take Control! ...

**Y - “Yell not”** needs to be one of your newest slogans – make up your mind that the only time you will raise your voice is when attending sports activities or some such - DO NOT yell at your children or your spouse or the drivers around you. When you yell or scream at the people you love or anyone around you, you are actually hurting yourself more than anyone. Sometimes in a forever way – so be careful and YELL NOT! ...

**Z – Zip through your day with enthusiastic smiles for everyone** - give the gift of warmth, compassion, encouragement and love simply by smiling at your world! You honestly have no idea what this simple gesture could mean to a hurting, exhausted, downtrodden soul. Such a easy thing on our part that will ultimately not only relieve our own stress but that of someone else. Pure wonder!

**\*\*Bonus\*\***

**Print this off on an index card to use as a daily reminder ...'cause, remember, YOU are in control! YOU are master of your destiny!**

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This is a **BONUS** to the Book  
**THE ROAD TO STRESS-FREE LIVING**  
visit <http://www.roadtostressfreeliving.com/>  
and buy the book today!

Stress can be a killer – honestly! It's my prayer that you'll apply the ideas brought forth to you here and before long find yourself living a life that is truly stress-free.

Joyfully yours,

*Robin Lynn*

Here's my sites – Come visit for awhile! And as always, thanks for sharing my space – it is truly an honor. :o)

My other sites

[Road to Abundance](http://roadtoabundance.net/) <http://roadtoabundance.net/>

and its companion site

[Your Ninth Hour](http://yourninthhour.com/) <http://yourninthhour.com/>

[Reflections from Robin](http://www.rmwhite.wordpress.com) [www.rmwhite.wordpress.com](http://www.rmwhite.wordpress.com) - my spiritual side