

COUNSELOR'S CORNER

Last month we focused on being *Too Blessed to be Stressed*. In addition to the tools of STOP (Scripture, Truth, Openness, Prayer), here are some additional suggestions for dealing with stress.

Tear up some paper into little pieces (preferably unimportant)
Call your family and friends over for a pity party; everyone shares
Go bowling and enjoy the sound of the ball crashing into the pins
Let yourself become more organized and then do it
Make your work environment more comfortable
Move to Hawaii and start a new life selling beads on the beach
Play a video game that smashes things or blows up inanimate objects
Take a few deep breaths and let out a good, loud sigh
Treat yourself (and maybe family or friends) to some ice cream
In traffic, squeeze the steering wheel hard as you can and release it
Yell at something inanimate, like computer, TV, or life-size picture of your boss or other irritant

Exercise: walk, run, bike, swim, lift weights, etc.
Go for a long walk in a quiet, scenic location
Have a good cry once in awhile
Make a list of ways to simplify your life
Practice muscle relaxation techniques
See a movie or watch TV for an hour
Turn off the TV for an hour
Ask someone safe for a hug
Visit a tanning bed on a cold winter day

And last, but not least: Rate your source of stress on a scale of 1 (choosing white or wheat bread) to 10 (being on a sinking ship in shark-infested waters). If the situation is less than five, ask yourself,

“Am I going to care about the outcome of this in five years?”

Bonnie Kiser, M.S.

“You, Lord, are my shepherd. I will never be in need. You let me rest in fields of green grass. You lead me to streams of peaceful water, and you refresh my life. You are true to your name, and you lead me along the right paths. I may walk through valleys as dark as death, but I won’t be afraid. You are with me, and your shepherd’s rod makes me feel safe.” Psalm 23:1-4