

Here are a few ways you can handle stress: **1. Meditate** – just 10 or 20 minutes of quiet reflection may bring relief from chronic stress as well as increase your tolerance to it. Use the time to listen to music (check out God's ipod on iTunes), read a devotion or Scripture, pray, etc.

2. Take one thing at a time –

for people under stress, an ordinary work load can sometimes be unbearable. The best way to cope with this feeling of being overwhelmed is to take one task at a time. Pick one urgent task and work on it. Once you accomplish that task, choose the next one. The positive feeling of “checking off” work is very satisfying. It will motivate you to keep on going.

3. Exercise –

regular exercise is a popular way to relieve stress. 20-30 minutes of physical activity benefits both the body and the mind.

4. Hobbies

– take a break from your worries by doing something you enjoy. Whether your interests include gardening or painting, schedule time to indulge yourself.

There is more to come. So be sure to check back.