

# Dealing With Stress

Always focus on something to be grateful for.

Get enough sleep, rest and quiet time.

Nurture yourself with good food - not fast food.

Watch only positive programs, video's, YouTube's or movies.

Stay away from all negative news, TV programs or films.

Listen to music that is soothing to your soul.

Wear clothes that make you smile and feel powerful.

Be creative whenever possible, not being attached to outcome.

If money is challenging, think out of the box to manifest more.

Help someone in need, including animals.

Make the time to be in nature, if you cannot, download pictures of nature.

Gardening, being one with the earth quiets the mind.

Have fun cooking...look up easy recipes. (See recipe book)

Talk to a caring person, or be that caring person for someone else.

Do not hold back tears, sorrow or despair.

Express frustration and anger intelligently and truthfully.

Use tools that can source your emotions.

Be with people who mindful and optimistic.

Be honest about worries and concerns – then look for solutions.

Find someone whom you trust to share your burdens with.

Stay away from any drama or melodrama.

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Look at the stars and focus on the limitless Universe.

Have a water fountain and listen to the water as it flows.

Have an infuser and fill it with lovely fragrances.

Look for an inspiring mentor to copy.

Learn to meditate in a way that is comfortable for you.

Contemplate before making hasty decisions.

Find a hobby that brings you joy, just to have fun.

Always be on the lookout to love something or someone.

Put all good ideas into action – don't leave them in mid-breath.

Make a list of everything you like about yourself.

Never accept abuse from another or be abusive to another.

Know that at the end of the storm, there is a rainbow.

Put an intention on how you would like things to be.

Everyday think of someone or something you love.

Be balanced concerning your mind, body, spirit and emotions.

Everyday make a list of something, even if small, you want to accomplish.

Before going to sleep, think of everything you appreciate.

Turn to a higher power, whatever that means to you, for help.

Because this world is so very challenging – believe you can create your own world within it.