



## Beat Stress

- A 113-year-old man, when asked the secret of his longevity, replied, "When it rains, I let it."
- Stress is the trash of modern life—we all generate it but if you don't dispose of it properly, it will pile up and overtake your life.—Terri Guillemets
- Our anxiety does not empty tomorrow of its sorrow, but only empties today of its strength.—Charles Haddon Spurgeon
- For fast-acting relief, try slowing down.—Lily Tomlin
- Take rest; a field that has rested gives a bountiful crop.—Ovid
- Believing that you must do something perfectly is a recipe for stress, and you'll associate that stress with the task and thus condition yourself to avoid it.—Steve Pavlina
- Stress is not what happens to us. It's our response to what happens. And response is something we can choose.—Maureen Killoran
- Stress believes that everything is an emergency.—Natalie Goldberg
- The greatest weapon against stress is our ability to choose one thought over another.—William James
- If you focus on the negative in any situation, you can expect high stress levels. However, if you try and see the good in the situation, your stress levels will greatly diminish.—Catherine Pulsifer
- Keep your sense of humor. There's enough stress in the rest of your life to let bad shots ruin a game you're supposed to enjoy.—Amy Alcott
- I will cast all my cares on God. They cannot burden Him.—Joseph Hall

### Prayer for the Day

Jesus, when I feel weak, tired, or out of sorts, You're right there to put Your arms around me, to comfort me, and tell me that everything is going to be okay. You reach down and soothe my ruffled nerves, melt away my worries and fears, and lift the confusion that surrounds me. Thank You that I can find relief from the pressure of a busy schedule by turning to You. When I stop what I'm doing and take a few minutes to think about You and Your love, my spirit is refreshed and I find the strength to continue on with my busy day. Thank You for the peace You pour into me when I'm stressed or down. And thank You, too, that when I feel good, You make me feel even better.