

# ~ WEATHERING THE STORMS OF LIFE ~

## STRESS MANAGEMENT

Ideas by

**Elayne Pearson ~ Mrs. Utah – United States 2000-2001**

Everyone has storms (periods of stress & problems) that they have to weather (experience) in life. Even though we may want it to always be bright and sunny, (easy and carefree) an old Arabic proverb reminds us:

“*TOO MUCH SUNSHINE ~ CREATES SUNBURN AND DESERTS.*”

We grow through our problems and trials just like grass and trees grow beautifully green and strong from the rain and snowfall.

We need to make choices in our lives *beyond* right and wrong. In today’s hectic world, we need to strive for **balance** of **mind, body, & spirit**. (mental, physical, and spiritual and social.) In times of solitude, **stop, look, & listen** to your **heart**. It will whisper what you need to do, Daily, make real efforts to get **balance** in your life.

### “Your Stress-Busters Umbrella” (I used each letter from the word stressed!)

1. S- Simplify - Wherever you can: clothes, meals and especially clutter! Even when we have great choices, you can’t “do it all,” so decide which activities you *really* want.
2. T- Talk - or write about your stresses. It is amazing how well it helps simply to put it into words. Remember that occasionally crying releases stress. (Yes, guys, you too.)
3. R- Re-commit to your priorities. When the really important aspects are back in place, you’ll feel more peace **no matter** what happens. Your priorities may change at times.
4. E- Exercise - is a **great** stress-buster! Make sure you actually perspire & drink water!
5. S- Sleep more. 96% of us are not getting **enough** sleep! Our bodies and nerves heal when we sleep. If you’re under a lot of stress, sleep is vital! Naps “sharpen the saw.”
6. S- Solitude - & Sunshine. Peace and quiet is something very important, but rare, for most. Find (or steal) some time everyday, so you can relax & listen to the whisperings of your heart. It’s **not** wasting time, it’s well spent! You feel peaceful and refreshed.
7. E- Eat healthy - It’s easy to grab junk food or fast food. But, you are what you eat! To be happy & healthy in the long run, you need **more** veggies, proteins, & vitamins.
8. D- Deity - A belief in God or a higher power is a very vital key for all. Sometimes it’s all you’ve got, but it’s very real! Faith and prayers are empowering, knowing you are not alone. “Come unto me, ye that are heavy laden, and I will give you rest & peace.”

Once you have a good “umbrella” over you, you can offer others to join you. Together, we can “weather the storm,” then enjoy the rainbow and sunshine!