36 Christian Ways to Reduce Stress

1. Pray.
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say no to projects that won't fit into you time schedule or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and unclutter your life.
7. Less is more. (Although one is enough, two are often too many.)
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety if you can't do anything about it.
12. Live within your budget' don't use credit cards for ordinary purchases.
13. Have backups; an extra car key in your wallet, and extra house key buried in the garden, extra stamps, etc.
14. K.M.S (Keep Mouth Shut). This single piece of advice can prevent and enormous amount of trouble.
15. Do something for the Kid in You every day.
16. Carry a Bible with you to read while waiting in line.
17. Get enough rest.
18. Eat Right.
19. Get organized so everything has its place.
20. Listen to a CD while driving that can help improve your quality of life. Listen to Christian radio stations, American family radio.
21. Write down thoughts and inspirations.
22. Every day, find time to be alone.
23. Have problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try and pray.
24. Make friends with Godly people.
25. Keep a folder of favorite scriptures on hand.
26. Remember that the shortest bridge between despair and hope is often a good "Thank you Lord."
27. Laugh.
28. Laugh some more.
29. Take yourself seriously, but not yourself at all.
30. Develop a forgiving attitude (most people are doing the best they can).
31. Be kind to unkind people (they probably need it the most).
32. Sit on your ego.
33. Talk less, listen more.
34. Slow Down.
35. Remind yourself that you are not the general manager of the universe.
36. Every night before bed, think of one thing you're grateful for that you've never been grateful for before. GOD HAS A WAY OF TURNING THINGS AROUND FOR YOU. "If God is for us, who can be against us?" (Romans 8:31)