

My STRESS STAGE

My Stress Stage: **COMPENSATORY**

"You will keep him in perfect peace whose mind is stayed on You, because he trusts in You. Trust in the Lord forever, for in YAH the Lord is everlasting strength." Isaiah 26:3-4

Stress Mastery Steps

#1 Physical - Amino acid protocol, Adrenal Adaptogen, Vit. B complex with Vit. C, Lots of sunshine, Scheduled downtime, Consistent regular moderate exercise, but not heavy training regime

#2 Psychological - Finding meaningful relationships at this stage is critical, mentor, counselor, spouse, friend ... Find someone to keep you strong and accountable, but encouraged. Also find an outlet to GIVE - pour into someone else.

#3 Spiritual - Daily Biblical Meditation routine and prayer time fill you when you feel empty or overwhelmed. Listen to uplifting music, and write down Faith Affirmations you can post in visible places.

Stress Mastery Tools

#1: Physically: Support sugar balance by not skipping meals - Stay active - Identify hidden physical triggers - Get some sunshine

#2: Mentally / Emotionally: Brain dump - Journaling - List making - Gratitude Board - Get your thoughts OUT - Counseling

#3: Spiritually: Daily Biblical Meditation - Prayer Time - Music & Worship - Identify Spiritual Stressors - Faith Affirmations

#4: FIVE A's of Stress Mastery Mindset: Avoid / Alter / Adjust / Accept / Appreciate

#5: The FIVE D's of Stress Mastery Lifestyle: Diet / Downtime / Dumbbells / Devotions / Delegate