

My STRESS STAGE

My Stress Stage: **ACUTE**

"There is no one like the God of Jeshurun who rides the heavens to help you ...The eternal God is your refuge and underneath are the everlasting arms." Deuteronomy 33:26-27

Stress Mastery Steps

#1 Physical - Eat 5 small meals a day, Light aerobic exercise, Schedule downtime, Get outside in sunshine, Take Adrenal Adaptogen and Vit. B complex with Vit.C, make sure to add electrolytes to water (either sea salt pinch or Ultima works!)

#2 Psychological - The Five A Strategy applies really well in this stage of stress. Have an OUTLET (a person) to process through these mental and emotional stressors

#3 Spiritual - Music & Worship are critical in this stage (quiet 1:1 & corporate) Faith Affirmations will fill your heart with truth during high stress.

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