



# Stress Coping Strategies



## PHYSICAL EXERCISE

- 30 Minutes/Day, 6 Days/Week
- Aerobic (Heart Rate Up for 20 Minutes)
- Enjoyable!

## RELAXATION

- Observe a Sabbath
- Do Breathing Exercise
- Autogenic Training
- Take a Nap

## SPIRITUAL EXERCISE

- Meditate on Scripture
- Pray
- Practice Gratitude
- Sing Your Praise
- Get Alone (Solitude)
- Soul-Reflect

## NUTRITION

- Avoid Junk Food (White Sugar, Packaged Foods)
- Enjoy a Healthy Breakfast
- Lift Your Mood with Complex Carbohydrates

## SLEEP

- 8-9 Hours (Head Down to Head Up)
- Experience Drowsiness (Pray, Recite, Breathe)
- Be Consistent with Sleep Routines

## RELATIONSHIPS

- Loneliness Increases Stress Levels
- Interact, Share, Volunteer

## BIO-FEEDBACK

- Biodots

## LIFESTYLE

- Live within Your God-Designed Limits
- Live in the Moment (Not the Past, Not the Future)