

Coping with Stress

From “Simple Abundance” By Sarah Ban Breathnach

Cultivate gratitude

Always carry something interesting to read

Drink lots of water – pure spring water

If it isn't delicious, don't eat it!

Be instead of do.

Set aside one day a week for rest and renewal

Laugh more often

Always opt for comfort

If you don't love it, live without it.

Let Mother Nature nurture

Stop trying to please everybody and Start pleasing yourself

Stay away from negative people

Don't squander precious resources; time, creative energy, emotion

Nurture friendships

Don't be afraid of your passion

Approach problems as challenges

Honor your aspirations

Exchange security for serenity

Care for your soul

Express love everyday

Search for your authentic selfuntil you find him/her