

# Positively Speaking

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## Pressurized

Just in case you're in the "pressure cooker", here are a few stress busters. Take one or two as needed.

- 1) God is bigger than any problem you have.
- 2) You can accomplish big things only when you can say "no" to little things.
- 3) When you've done all you can -- let it go.
- 4) Not much is worth worrying about. Worry selectively.
- 5) With God all things are possible!
- 6) An ounce of action is worth a ton of worry.
- 7) Most of the things we worry about never come true.
- 8) Live on purpose! Set priorities and use them to chart your course.
- 9) It's not the big job, but the little worries that drain our energy.
- 10) Refuse to allow fear to direct your life.
- 11) Relax. Don't sweat the small stuff.
- 12) Problems will come. You can't avoid them. The real you will "show through" when the pressure is on.
- 13) Life goes on.
- 14) Look for the joyful surprises -- the postcards from heaven -- in every day. They are there, but you must search for them.
- 15) Few things are worth fighting over. Keep the peace whenever possible.
- 16) Take a deep breath and realize how fortunate you are to be alive.
- 17) Stop putting it off until tomorrow. Do it today.
- 18) Lend a helping hand to others and you will end up helping yourself.

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