

10 Commandments of Stress Reduction

Stress can affect us all. You may notice symptoms of stress when disciplining your children, during busy times at work, when managing your finances or when coping with a challenging relationship.

“Stress is everywhere,” says *WebMD*. “And while a little stress is OK – some stress is actually beneficial – too much stress can wear you down and make you sick, both mentally and physically.”

What is stress? “Stress is the body’s reaction to harmful situations – whether they’re real or perceived,” *WebMD* continues. “When you feel threatened, a chemical reaction occurs in your body that allows you to act in a way to prevent injury. This reaction is known as ‘fight or flight,’ or the stress response. During stress response, your heart rate increases, breathing quickens, muscles tighten and blood pressure rises. You’ve gotten yourself ready to act. It is how you protect yourself.”



Recently, I ran across an article entitled *The Ten Commandments of Stress Reduction*. The author is unknown, but there is wisdom worth sharing:

1. Thou shalt not attempt to be perfect.
2. Thou shalt not attempt to be all things to all people.
3. Thou shalt be willing to leave some things undone.
4. Thou shalt not spread thyself too thin.
5. Thou shalt schedule time for thyself.
6. Thou shalt learn to say “no!”
7. Thou shalt be willing to do “nothing” for a period of time.
8. Thou shalt not feel guilty for saying “no” and doing “nothing.”
9. Thou shalt allow thyself to be unkept and unsocial for a period of time.
10. Thou shalt not be thine own worst enemy by beating thyself up over any of the above.

These are, indeed, good stress-reduction commandments. But there is one that comes from God Himself – one that should trump them all (and seems to sum up all of them).

Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you (1 Peter 5:6-7 NASB).

– Beecher Hunter