



Faith Squared Music

Christ-Centered Healing Through Neuroplasticity

50 GREAT IDEAS FOR STRESS REDUCTION

TO INVITE MORE PEACE INTO MY LIFE, I CAN...

MINDSET ADJUSTMENT

1. Stop negative thinking, dwelling on mistakes, & worrying... by learning to redirect & reframe my thoughts.
2. Re-evaluate & improve my self-talk... starting with words of encouragement, self-love, and forgiveness.
3. Let go of perfectionism, criticism, and judgement of self. Excellence is a good thing, but more important in some things than in others. Mistakes mean I'm human, and they help me learn. I'm a work in progress.
4. Let go of the need to control others. God doesn't do that, why should I? Everyone in my life is human, just like me. They're learning from their mistakes, just like me. They are a work in progress, just like me.
5. Forgive, let go, & move on, so I don't prolong my suffering. If I need help, I know I can ask for it in prayer.
6. Take responsibility for fixing my problems. I understand that blaming others gives away my empowerment.

VISUALIZING

7. Visualize out loud in detail the righteous desires of my heart – coming to me! I will FEEL that joy now!
8. Go to my favorite "Safe Place" in my mind – hear the sounds, see the sights, smell the smells... then fall happily into the relaxation I always find there. (I can use music & recordings of nature sounds as needed.)
9. Breathe slowly and deeply while imagining light, love, and healing from heaven filling me up... then blowing out black smoke of stress, fear, guilt, pain... & watching it dissipate on the breeze... repeating often.
10. Figure out the connection between faith and praying with an expectation of receiving answers to my prayers. Believe that God loves and wants to bless me.... feeling the joy and gratitude of that reality now.

HEALTHY & CREATIVE PURSUITS

11. Do things/pursue things that bring me happiness, such as photography, cooking, art, sports, music, etc.
12. Discover and enjoy a new calming activity, such as coloring, jig saw puzzles, gardening, etc.
13. Make a *Vision Board*, focusing on wonderful things I'd like to attract to my life.
14. Figure out something I'd like to learn to do, maybe take lessons or at least study more about it, talk to experts, and then pursue it in my life – for the sheer joy and not to be better at it than anyone else.
15. Study happiness and happy people and figure out what can be learned from them.

WRITING

16. Evaluate my life's priorities in columns of GOOD, BETTER, BEST, & adjust how I use my time accordingly.
17. Create—and repeat often—daily positive affirmations. (Research it first, so I know I'm doing it right.)
18. Start a journal and write in it regularly, with a focus on the positive, especially gratitude for life lessons.
19. Make lists of things I am grateful for and share those lists daily with others, or just with God.
20. Write a letter – to uplift, express deep feelings, or even to vent. (But I won't save or share the venting!)
21. Sincerely thank someone in my life in person, by email or text, or with a thank you card.

22. Make a notebook of things that uplift me and make me smile. Use it often.
23. Make a notebook of happy and uplifting things as a gift for a friend.
24. Make lists of good things I have accomplished or just feel good about... long term and daily. Read it often.
25. Record my goals, outline steps to achieve them, & make my life choices with those goals in mind.
(Research information on setting SMART goals first.)
26. Process thoughts and emotions through the creation of poetry or prose, lyrics, stories, or imagined conversations I would like to take place, etc.
27. Create a *Vision Statement* for myself, post it in several places, read it often. (research to learn more)
28. Come up with a *Purpose Statement* for myself, post it in several places, read it often. (“ “ “ “)

TAKE PHYSICAL ACTION

29. Find comfort in a soft blanket, a smooth rock that fits my hand, a squeezable stress release toy, etc...
30. De-junk some aspect of my life or home... creating order is empowering!
31. Use some essential oils and herbs to help calm myself, consulting a professional first.
32. Exercise and stretch my muscles regularly. Celebrate my progress as I become more fit.
33. Dance! I can take a classes, but happily dancing alone in my house or room is even better!
34. Go walking while paying attention to the sights, sounds, smells, and textures of nature.
35. Improve my diet, especially if I need to cut back or even eliminate sugar or caffeine or processed foods.
36. Spend time in nature, especially near water and trees, because there is real & tangible healing there.
Knowing my body needs a connection to the earth, I'll take my shoes off when I can. (research grounding)
37. Spend time with animals... petting a dog or cat is magical and healing!
38. Spoil myself with hot baths by candlelight.
39. Attend uplifting concerts and/or community events – especially if I can help by volunteering.
40. Sing out loud.... and choose songs that make me feel good!

BEST USE OF MEDIA

41. Eliminate media in my life that mocks God, glorifies sin, focuses on negativity, or hurts/objectifies others.
42. Read uplifting and inspiring books, poetry, and stories... include daily scripture study.
43. Listen to uplifting talks, vloggers, or podcasts, especially those that focus on solutions, not problems.
44. Seek out heathy laughter in movies, books, TV, etc. (YouTube videos of laughing babies are irresistible.)
45. Listen to good music (see links below!) – staying away from stuff that depresses, angers, or is negative.

BETTER RELATIONSHIPS

46. Look for ways to be more kind and Christ-like in my interactions with friends, family, and strangers (even on the internet!), especially as I actively help and serve others... as I am able.
47. Consider a change in my life, like getting away from a toxic person or thing, or not being toxic myself.
48. Look for ways to make others laugh and smile, but never at the expense of someone else.
49. Remember if I want good friends, I need to be a good friend. (Build support groups for myself & others.)
50. Look for ways to heal and improve my relationships... apologize as needed, and mean it, every time.

NOTE TO SELF: I will choose prayerfully & start slowly. I won't overwhelm myself by doing too much at once. I'll try new suggestions only when I'm ready, & go for variety! If something isn't working for me, I'll take a break and re-evaluate later. I'll think, "I get to..." not "I have to..." and find joy in the process... & then SMILE as I go!

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