



Use this as a place to launch your own stress free ideas!

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1. Praise Journal
a. Being thankful is the key – it will help change your mindset
b. Praise helps stress
c. Pray about the root cause of the stress
2. Plan ahead
a. Monthly & Daily Calendar
b. Deadlines
c. What can you take off your list?
d. What can you give others?
3. Deep Breaths
a. Clear your mind
b. Refocus
c. Say the name, “Jesus”
4. Help/ Short Cuts
a. Who can help you?
b. Can you plan your time better?
c. Multi-task jobs
5. Relax
a. What is this to you? Bath? A foot soak?
b. Make the time – even if for just 5-10 minutes.