

Too Blessed to Be Stressed

with Melanie Wilson of [Psychowith6](#)
Mommy Jammies Night, Nov. 10th, 2015

What Stress is:

Change your thinking by replacing:

Awfulizing with Beatituding

Forecasting with Hoping

Believing God is Against You with Believing God is for You

Resources:

The book of Ruth

Romans 5:2-5

Mark 10:27

[The Renewing of the Mind Project by Barb Raveling](#)

[Prayer Journal](#)

[How to Stop Worrying & Start Living by Dale Carnegie](#)