

# Pastor Phil's E-note

3/21/2009

**Now is a good time to shift your trust to that which is secure. And in the process, your stress will reduce and your joy will increase.**

## Stress

With the economy in the tank, experts say the stress level has increased for most Americans. We were accustomed to living in a world of plenty; now the plenty is dried up. What we were trusting in, things, are now in short supply. So now is a good time to shift your trust to that which is secure. And in the process, your stress will reduce and your joy will increase.

Below are some attitude adjustments that can help reduce your stress level in stressful times. I recommend highlighting 2 or 3 of these that are most appealing to you, and that you can commit to fully right now. Once you get a few thoughts ingrained into your thinking, pick 2 or 3 more and keep adding to the list.

My guess is that in 6 to 9 months, your income may not be back to levels you want, but your spirit and soul will be more at peace. Give it a try. See if God doesn't come through for you and release His power into your life.

1. Pray.
2. Go to bed on time.
3. Get up on time so you can start the day unrushed.
4. Say "No" to projects that won't fit into your time schedule, or that will compromise your mental health.
5. Delegate tasks to capable others.
6. Simplify and unclutter your life. Throw out the unnecessary.
7. Less is more. (Although one is often not enough, two are often too many.)
8. Allow extra time to do things and to get to places.
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, find out what God would have you do and let go of the anxiety. If you can't do anything about a situation, forget it.
12. Make a budget and stick with it. Live within your budget; don't use credit cards for ordinary purchases.
13. Have backups; an extra car key in your wallet, an extra house key buried in the garden, extra stamps, etc.
14. K.M.S. (Keep Mouth Shut.) This single piece of advice can prevent an enormous amount of trouble.



*"Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." (Matthew 11:28-29)*

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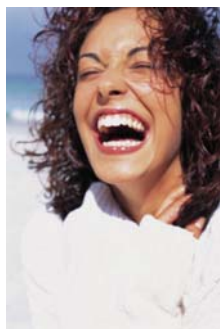
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*East Naples Baptist Church*  
Changed By His Love - Challenged By His Life

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15. Do something for the Kid in You everyday.
16. Carry a Bible with you to read while waiting in line.
17. Get enough rest.
18. Eat right.
19. Get organized so everything has its place.
20. Listen to a tape while driving that can help improve your quality of life.
21. Write down your thoughts and inspirations.
22. Every day, find time to be alone.
23. Having problems? Talk to God on the spot. Try to nip small problems in the bud. Don't wait until it's time to go to bed to try to pray.
24. Nurture relationships and listen to those who inspire you to live life fully.
25. Keep away from toxic people. (You know who these are. Just say no to negative people.)
26. Keep a folder of favorite scriptures on hand to memorize.
27. Remember that the shortest bridge between despair and hope is often a good "Thank you, Jesus."
28. Laugh.
29. Laugh some more!
30. Take your work seriously, but not yourself.
31. Develop a forgiving attitude. (Most people are doing the best they can.)
32. Be kind to unkind people. (They probably need it the most.)
33. Sit on your ego.
34. Talk less; listen more.
35. Slow down.
36. Remind yourself that you are not the general manager of the universe.
37. Every night before bed, think of one thing you're grateful for that you've never been grateful for before.



"These things have I spoken unto you, that my joy might remain in you, and *that* your joy might be full." (*John 15:11*)

Your friend and pastor,

Phil

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