

Strategies for a Calmer You!

- Breathe a scripture (e.g., “be still”, on inhale, “and know that I am God” on exhale)
 - 2-minute prayer pauses throughout the day
 - Listen to worship music (during chores or driving)
 - Journal one gratitude and one worry each night
 - Take a walk and talk with God
 - Morning devotional time
 - Step outside for fresh air
 - Call a trusted friend
 - Using the church website or connection card, send in your prayer request
 - Choose grace over perfection
 - Speak to yourself like you would a friend
 - Do something creative
 - Exercise
 - Volunteer your time (check out Volunteer Loudoun) to get connected and make friends
 - Add your ideas:
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Other Resources

Books:

- The Book of Calm by Nancy G. Shapiro: A guide offering clarity, compassion, and choice to navigate Life’s turbulence.
- Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind by Judson Brewer: Uses neuroscience to help readers map their brain’s triggers and use curiosity to defuse stress.
- The relaxation and Stress Reduction Workbook by Martha Davis, Elizabeth Robbins Eshelman, and Matthew McKay: A resource that offers a comprehensive personal action plan with exercises for body and mind relaxation.
- What’s the Point by Tom Rath: Argues that true purpose comes from helping others, not just following your passion.

Websites:

- wellnessloudoun.org
- mayoclinic.org/healthy-lifestyle
- betterhelp.com (website & app)
- cdc.gov/howrightnow/gratitude
- hallow.com (website & app)

*These resources are shared for your reference; their inclusion does not imply an endorsement or reflect the views of the CUMC Women’s Ministry or Crossroads United Methodist Church.