

A large red square with a white border. Inside the square, the word "STRESS." is written in white, bold, sans-serif capital letters. Below it, the name "Stephanie Chase" is written in a smaller, white, serif font.

STRESS.

Stephanie Chase

Procrastination

“Never put off until tomorrow
what you can do today.”

-Thomas Jefferson

Misplaced Items

- If you haven't used it this year, chances are you won't use it next year
- Everything needs a home
- Declutter



Interruptions

- Cell Phone
- Notifications
- Give me just a few minutes I'm working against a deadline



Inability to Say, “NO.”

- Let me check my calendar
- Let me check with my husband
- I would love to, but I have something / an appointment
- You don't have to have a reason

Unrealistic Time Frames



- Build Buffers
- Set Clock Early

Perfectionism

- Only God is perfect
- LET IT GO
- Your children will never be perfect
- Your spouse will never be perfect



Fatigue / Exhaustion / Lack of Stamina



- Go to bed!
- Get 8 hours of sleep each night
- Drink water
- Move

Lack of Creativity

- Read
- Unplug
- Go for a walk without your phone

Inflexibility

- Be flexible
- This isn't McDonald's, you don't always get things your way



Poor Recall and Memory

- Be present
- Listen
- Write it down



Lack of Social Time



- It is not good for a man to be alone
- Plan to be with people and play
- Loneliness is a prompt to be with others
- People who go to church regularly live longer than non-church goers

Inability to **Relax**

- Sit in a quiet place
- Take a bath
- Breathe deeply



Prefer to Do Things Yourself?

Delegate - It's OKAY!



Rushing / Skipping Meals



- Sit with your family
- Chew food 21 times
- Unplug completely
- Food is fuel for your life

Frequent Lateness

- What's the problem? Sleep late, piddle, underestimate drive time
- Set your clock early
- Do things the night before
- Add 10 minutes to your drive time
- Avoid, "I'll do one more thing"



Difficulty in Listening

- Focus
- Doodle or wiggle while you listen



Little or No Exercise

Exercise for 30 minutes at least 3 times per week



Conflicting Demands

- Make a list of everything you do in a week
- What needs to go?
- Check your calendar before you say yes

Lack of Rewards

Treat yourself to some fun!!



Spend Time with Jesus Daily!

- Cast all your cares on Him
- Renew your mind daily by reading the Bible
- Crucify your flesh, walk in the Spirit



“Cast all your cares on him
because he cares for you.”

1 Peter 5:7

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