

Day 4 Take ACTION

Look at the Possibilities

List all the possible outcomes and solutions.

Consider each one and how you can choose to react.

Trust God.

Choose any possible action you can take or decline.

Choose steps to relieve the stress before it grows worse

- Prevent distress. Plan ahead for busy times and schedule in breaks
- Take short breaks
- Prepare and freeze meals before busy times
- Avoid procrastination
- Say “no” if your schedule is full enough
- Change perspective. Look at the positive side of things.
- Eat healthy
- Get plenty of rest
- Work out anger by releasing emotions safely
- Forgive others
- Say “No” to using addictive substitutes that only add to problems (drugs, alcohol, tobacco)
- Schedule in activities and hobbies you enjoy such as playing piano or crafts
- Set aside time to rest, relax, and re-connect with loved ones
- Evaluate changes you can make to lessen stress.
- Enjoy the days as best you can.

Choose a better attitude

Attitude and heart changes bring more peace. You can break free from stress caused by dwelling on problems, negative heart conditions, and lifestyle choices that cause stress. Be willing to invest time and prayer to making lasting changes.

- Compassion
Consider sufferings of others and how people around you feel
- Forgiveness
Holding grudges hurts you more than it hurts others. God forgave you, so forgive others.
- Gratitude
Each morning find three reasons to be grateful. Each evening thank God that you made it through the day.
- Joy
Smile and share laughter. It lifts your spirits and the spirits of those around you. Rejoice in Christ’s resurrection and love.
- Kindness
Be the first to serve another with kindness. Acts of kindness warm hearts.
- Love
Ask God to help you love the people in your life who are difficult and to see them as God does. Consider the joy each person does bring in your life and keep that in mind.
- Trust
Trust that God will never give you more than you can handle. Ask for wisdom. Ask for help. Expect God to answer.

Change your perspective

- Look at the world and discover how much you really have!
- One third of people in the world have no access to a Bible. If you have one feel grateful.
- One million people will die this week, many due to hunger. If you are healthy, praise God.
- 500 million people in the world have experienced war, prison, or starvation. If you have not, then be thankful.
- Nearly one billion people cannot attend the church of their choice without fear of harassment, arrest, or torture. Smile when you go to church.
- Owning a refrigerator and clothes, having a roof to sleep under and a bed to sleep on you are among the wealthiest 25% of people in the world. Rest peacefully.
- You are among the richest 8% of people in the world if you have money in the bank, your wallet, and spare change. Be generous with what God has given you!
- Choosing to focus on blessings in your life can change your attitude.
- Choose to be grateful for what you have and not pine for what you do not have helps you rejoice.

Make some positive choices today

We my husband and I looked at the possibilities as he faced breast cancer. Jim and I realized we had three possible outcomes and we could face any of them

1. He could have more time that predicted (he did and we were grateful)
2. He could be totally healed (he was not but we knew it was in God's hands)
3. He could live but be ill or even in a vegetative state (we could live with that)
4. He could die (he did, but not for 2.5 years, and we rejoiced in the time we had)

We did choose to have medical treatment and that gave us some of the extra time. The doctor could not account for how well he lived for so many months, but we knew that was a gift from God.

Relieve stress with outside help

In the battle with cancer, we did not go it alone:

- We accepted help of neighbors and switched the exercise room downstairs with an upstairs bedroom so Jim could stay on the main floor when he could no longer climb stairs.
- Our children visited a lot to help out.
- We followed healthy diet and rest advise.
- We simplified our lives and Jim kept working.

Choose positive attitudes and actions

Choose positive attitudes like joy.

We forgave the first doctor and chose to live each day as it came.

We traveled and saw family.

We enjoyed our mutual interests and lived each day fully.