



# Kinship Link

Volume 15, Issue 10

October 2019

## Pro Kinship for Kids

### Inside this issue:

Four Steps to a Super 2  
Attitude to Avoid  
Stress... continued

Top 10 Tips for 2  
Managing Stress

Pro Kinship for Kids  
Lower level Our Saviors  
Lutheran Church  
1400 S. State Street  
P.O. Box 666  
New Ulm, MN 56073  
Phone 359-2445 or  
1-800-642-5779  
Website:  
[www.prokinship.org](http://www.prokinship.org)

Newsletter by  
Kari Beran, Director

## Four Steps to a Super Attitude to Avoid Stress Overload

When you think of stress it is not what happens to you that counts. It is how you react to what happens to you, especially when you have unexpected problems of any kind. Here are four things you can do to assure that your attitude is the very best it can be, under all circumstances.

### ***Focus on the future:***

First, whatever challenges you face, focus on the future rather than on the past. Instead of worrying about who did what and who is to blame, focus on where you want to be and what you want to do. Get a clear mental image of your ideal successful future, and then take whatever action you can to begin moving in that direction. Get your mind, your thoughts, and your mental images on the future.

***Think about the solution:*** Second, whenever you're faced with a difficulty, focus on the solution rather

than on the problem. Think and talk about the ideal solution to the obstacle or setback, rather than wasting time rehashing and reflecting on the problem.

Solutions are inherently positive, whereas problems are inherently negative. The instant that you begin thinking in terms of solutions, you become a positive and constructive human being.

### ***Look for the good:***

Third, assume that something good is hidden within each difficulty or challenge. It has been said the bigger the gift you have coming, the bigger the problem you will receive to find the gift in. But the wonderful thing is that if you look for the gift, you will always find it.

### ***See the valuable lesson:***

Fourth, assume that whatever situation you are facing at the moment is exactly the right situation you need to ultimately be successful.

This situation has been sent to you to help you learn something, to help you become better, to help you expand and grow.

Decide to be positive. A positive mental attitude is indispensable to your success. You can be as positive as you want to be if you will simply think about the future, focus on the solution and look for the good. If you do what other successful people do, if you use your mind to exert mental control over the situation, you will be positive and cheerful most of the time. And you will reap the benefits enjoyed by all successful people.

Action Exercise: Think on paper. Take some time to write out every detail of the problem, and then take the most logical next step to solve it.

Make this promise to yourself. It will make a huge difference in how you look at life and the



## Four Steps to a Super Attitude to Avoid Stress ... continued

stress that may come your way.

### Promise Yourself

Promise yourself to be so strong that nothing can disturb your peace of mind. To talk health, happiness and prosperity to every person you meet. To make your friends feel that there is something good in

them. To look at the bright side of everything and make your optimism come true. To think only of the best, to work only for the best, and expect only the best. To be just as enthusiastic about the success of others as you are about your own. To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful disposition at all times and give every living creature you meet a smile. To give as much time to the improvement of yourself that you have no time to criticize others. To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

## Top 10 Tips for Managing Stress

Work, home, family, relationships, bills, health issues, legal problems - a lot of things can cause stress in your life. While some stress is inevitable, chronic stress can harm your physical and mental well-being. Fortunately, you can take charge. Here are 10 great ways to help you manage the stress in your life.

1. **Get enough sleep.** Find the amount of sleep you need to be at your best and try to get it every night.
2. **Get active.** When you exercise, your body produces endorphins - natural hormones that help you relax and feel good. Try stretching, walking, bicycling, jogging, yard work, or housework for fast relief.
3. **Eat a healthy diet.** Try to eat foods from a variety of the food groups, and be sure to include plenty of whole grains, fruits, and vegetables. When you eat well, you feel better and are better able to manage stress.
4. **Anticipate change.** Take some time every day to look at the major areas of your life - work, relationships, health, finances, and spirituality.

Sometimes you can anticipate areas that may be changing and that are likely to become stressful. Remember, there is no "right" way to react to change. Accept the way you are and allow yourself the time and space you need to adjust.

5. **Get organized.** Being disorganized can cause stress. If that's true for you, make a "To Do" list each day, break larger tasks down into smaller steps and stay focused. If necessary, delegate work or household chores to others.
6. **Believer in yourself.** The key to managing stress is believing that you're in charge of your life. If you believe you can do things to make your life better, then your life will become better.
7. **Be positive.** Negativity creates stress. Each time you catch yourself thinking a negative thought or taking a negative attitude replace it with a positive one. Try to see changes as challenges or adventures. Practice positive self-talk.
8. **Do what you enjoy.** Surround yourself with the beauty of

9. **Laugh!** A good laugh increases the circulation of blood and oxygen to all major organs, including your brain. You'll think more clearly, feel more relaxed, and resolve conflict, more effectively.
10. **Find the support you need.** Research has shown that having someone to talk can be beneficial. Get support from a relative, friend, co-worker, self-help group, professional counselor, or therapist.

