

SLAY

STRESS ♦ ANXIETY ♦ WORRY



MEASURE

Your Stress

Take a straw or stir-stick and put it on the stress scale to identify how stressful each situation is to you.

My Stress Scale

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10



- My In-Laws
- Your Marriage
- Driving To Work
- Talking To A Homeless Person
- Speaking In Public
- Volunteering To Help At School
- Going To Church
- Getting Pregnant
- Talking To Your Mom
- A Disagreement With A Friend
- Making a Decision
- Being Around A Lot Of People
- Being By Myself
- Making Decisions About My Future
- Cleaning The House
- Giving Birth
- Making Friends
- My Worth and Value
- Being Home Alone
- Parenting
- Sleeping At Night
- Deciding What To Wear
- Deciding What To Eat
- Exercising
- Looking At Instagram
- Texting Friends
- Getting Photos Taken Of Myself
- Getting My Period
- Sexual Intimacy
- Talking To My Dad
- Thinking About My Future
- Holiday Gatherings
- Paying Bills
- Finding A Spouse
- Knowing God's Will For Me
- Healthy Regular Spiritual Habits

HOW TO TEACH YOUR BODY TO

Relax

WHEN YOU GET STRESSED YOUR BODY GETS TENSE LIKE IT IS SQUEEZING A BALL. ONE WAY TO RELIEVE STRESS IS TO TAKE A TIME OUT AND LET GO OF ALL THAT TENSION. TRY THIS! YOU CAN DO IT ANYWHERE!

SIT DOWN AND TAKE A DEEP BREATH WITH YOUR HANDS ON YOUR LAP.

TURN YOUR PALMS UP SO THAT YOU ARE OPEN HANDED.

CLOSE YOUR EYES AND TAKE ANOTHER DEEP BREATH AND LET IT OUT SLOWLY.

INHALE AND CLENCH YOUR HANDS INTO A TIGHT FIST. HOLD IT AND COUNT TO FIVE.

SLOWLY EXHALE AND SLOWLY OPEN YOUR FIST.

INHALE AND CLENCH YOUR SHOULDERS TIGHTLY. HOLD IT AND COUNT TO FIVE.

SLOWLY EXHALE AND SLOWLY RELAX YOUR SHOULDERS.

INHALE AND CLENCH YOUR FISTS AND SHOULDERS TIGHTLY AND COUNT TO FIVE.

SLOWLY EXHALE AND SLOWLY RELAX YOUR SHOULDERS AND UNCLENCH YOUR FISTS.

PICK A TIME TO WORRRY



*When do you
feel the most
anxious and
worried?*

YOU GET FIVE MINUTES TO WORRY ABOUT THIS AND THEN YOU ARE DONE. WHEN WOULD BE THE BEST TIME TO THINK ABOUT THIS. SET AN ALARM AND TIMER. THIS IS THE ONLY TIME YOU GET TO WORRY ABOUT THIS. WHEN THE TIMER IS UP, SO IS YOUR TIME TO WORRY ABOUT THIS.

DAY OF WEEK:

TIME OF DAY:

**MY 5 MINUTES
WILL BE:**

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A white plastic lounge chair is positioned on a sandy beach. The chair is angled towards the right, with its backrest high and curved. The background features a clear blue sky with light clouds, a turquoise ocean, and a white sandy beach. The overall scene is bright and serene.

**DO NOT BE ANXIOUS
ABOUT ANYTHING, BUT
IN EVERY SITUATION,
BY PRAYER AND
PETITION, WITH
THANKSGIVING,
PRESENT YOUR
REQUESTS TO GOD.
AND THE PEACE OF
GOD, WHICH
TRANSCENDS ALL
UNDERSTANDING, WILL
GUARD YOUR HEARTS
AND YOUR MINDS IN
CHRIST JESUS.
PHILIPPIANS 4:6-7**

**ANXIETY AND STRESS ARE FEELINGS.
THEY ARE JUST LIKE ANY OTHER FEELING THAT
YOU HAVE. YOU GET TO CONTROL YOUR
FEELINGS, THEY DON'T GET TO CONTROL YOU.**

MAKE A LIST OF ALL THE

Feeling Words

**THAT YOU
CAN THINK OF.**

**WHICH ONES ARE HARDEST FOR YOU? STOP RIGHT NOW AND
ASK GOD TO TEACH YOU HOW TO PROCESS THESE EMOTIONS
IN A HEALTHY WAY BY THE POWER OF THE HOLY SPIRIT.**

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HOW TO MAKE A STRESS BALL

- A SMALL ROUND BALLOON
- A FUNNEL
- 1 CUP OF CORNSTARCH
- SCISSORS
- PERMANENT MARKER (OPTIONAL)

BLOW UP THE BALLOON UNTIL IT IS ABOUT 4 TO 5 INCHES AROUND. DO NOT TIE IT, BUT KEEP THE BALLOON INFLATED AS BEST YOU CAN.

PINCH THE TOP OF THE BALLOON SHUT, ABOUT AN INCH OR TWO FROM THE OPENING, TO LEAVE ROOM FOR THE FUNNEL TO BE INSERTED INTO THE NECK OF THE BALLOON. HAVE YOUR MOM, SIBLING OR FRIEND HELP OR USE A CLIP TO PINCH THE NECK OF THE BALLOON.

PLACE A FUNNEL INSIDE THE OPENING OF THE BALLOON WHILE STILL PINCHING THE BALLOON CLOSED. YOU MAY NEED HELP SECURING THE FUNNEL INSIDE THE BALLOON. DON'T WORRY IF YOUR BALLOON DEFLATES A LITTLE, WHICH TENDS TO HAPPEN DURING THIS STEP. IT WILL STILL WORK!

FILL THE TOP OF THE FUNNEL WITH CORNSTARCH USING YOUR FREE HAND (OR, WITH YOUR HELPER). IT WORKS BEST TO ADD A SMALL AMOUNT OF CORNSTARCH AT A TIME.

SLOWLY LET GO OF WHERE YOU'RE PINCHING THE BALLOON SO THAT THE CORNSTARCH CAN SLIDE INTO IT. IF YOU GO TOO QUICKLY, THE AIR LEAVING THE BALLOON WILL BLOW THE CORNSTARCH INTO THE AIR AND MAKE A MESS.

HOW TO MAKE A STRESS BALL

CONTINUE ADDING CORNSTARCH TO THE FUNNEL UNTIL THE BALLOON IS FILLED TO A DEPTH OF ABOUT THREE INCHES. CONTINUE ADDING SMALL AMOUNTS OF CORNSTARCH TO YOUR FUNNEL, MOVING SLOWLY, AND SWIRL THE CORNSTARCH AROUND WITH YOUR FINGER TO HELP WORK IT INTO THE BASE OF THE FUNNEL AND INTO THE BALLOON.

PULL UP TIGHTLY ON THE OPENING OF THE BALLOON AND PINCH OUT ANY EXTRA AIR. IN ORDER TO HAVE AN EFFECTIVE STRESS BALL THAT WON'T POP, IT'S IMPORTANT TO ELIMINATE ANY EXTRA AIR THAT'S INSIDE YOUR BALLOON. YOU WANT ALL OF YOUR STRESS BALL'S CONTENTS TO BE CORNSTARCH.

TIE THE BALLOON CLOSED, AS NEAR TO THE CORNSTARCH AS YOU CAN.

USE SCISSORS TO CUT OFF ANY EXCESS BALLOON, AND MAKE SURE NOT TO CUT TOO CLOSE TO THE KNOT ON THE BALLOON.

DECORATE THE STRESS BALL WITH PERMANENT MARKERS TO GIVE IT YOUR OWN STYLE.

YOU'VE GOT A STRESS BALL. USE IT WHENEVER YOU NEED TO RELEASE SOME TENSION.

WRITE PHILIPPIANS 4:6-7 ON IT TO REMIND YOURSELF TO TURN TO JESUS.