

## **A DeStress Monday Weekly Practice for FUMCT**

Start by considering our theme verse from **Romans 15:13**: **“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”**

# **THIS MONDAY, TACKLE STRESS WITH GRATITUDE.**

Feeling grateful can relieve stress, lift your mood, and strengthen connections with others.



#DeStressMonday

[DeStressMonday.org](https://www.DeStressMonday.org)

**DESTRESS  
MONDAY**

Power up your Monday with positivity by cultivating gratitude. You'll experience more well-being, less fatigue, and a brighter outlook. Here are some ideas to get you started:

**Recall a person who has helped you in your life.** Were you able to thank them? Contact them now, if you can, to express your gratitude. If you can't, take a moment to think of the blessings you received from their kindness and generosity.

**Write a gratitude list.** Don't worry about grammar or punctuation. Be specific. For example, instead of writing a person's name, list his or her qualities or traits or occasions you have spent together that you are thankful for. Instead of writing "nature," write specific sights or experiences that are special and meaningful. If you aim to list 100 or 500 or 1000 things, you will start looking for things to be grateful for. You will notice thoughtful acts from strangers, helpful co-workers, daily conveniences that you usually take for granted, and moments of peace or beauty.

**Take a walk.** Notice all the things you see: Trees, sunlight, weather, the shade under a tree, flowers, a neighborhood park. Feel the grace and goodness of your world. This is your home. Bask in your gratitude for all it provides and does for you.

The benefits of gratitude are scientifically proven: better sleep, more mental strength, improved self-esteem, more positive mood, and better relationships.

**Remember that we are centering the FUMCT DeStress Monday Campaign on prayer, always making space for the Holy Spirit to work as we try each practice.** Share your discoveries in posts on the FUMCT Wellness Group on Fb or your own social media and tell church members and friends about new insights. *Imagine the possibilities - the impact of spreading positive stories of hope, faith, self-acceptance, gratitude, calm, contentment, and love.*