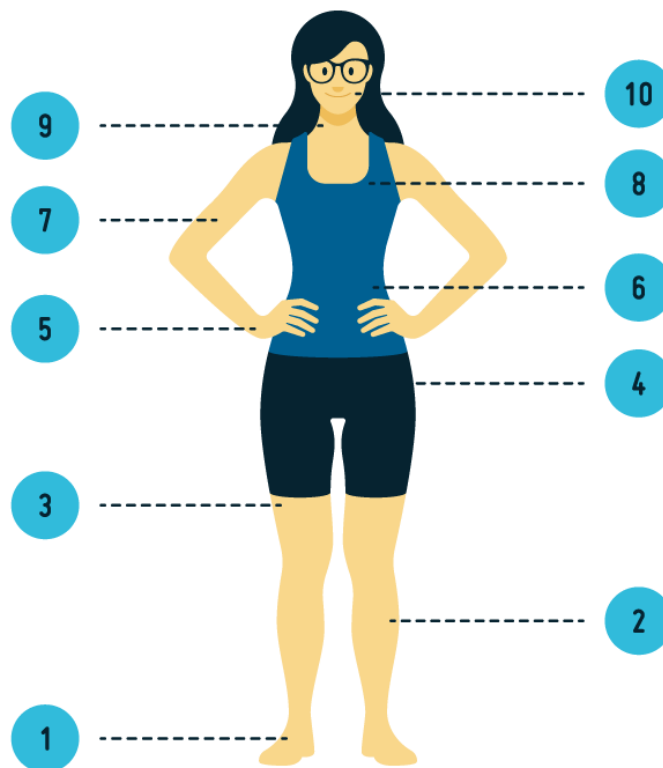


A DeStress Monday Weekly Practice for FUMCT

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.**”

RELAX YOUR MUSCLES TO RELIEVE STRESS

Ease tension one muscle group at a time.



#DeStressMonday

DeStressMonday.org

**DESTRESS
MONDAY**

When you're feeling stressed, the last thing you want to do is invite more tension. However, one great way to relieve tension is to immediately follow it with relaxation. This is how progressive muscle relaxation works. It's a method used for stress reduction that asks you to focus on specific muscle groups,

tense them up, and then relax them. If you're stressed this Monday, tense up – and then let go!

It may seem counterintuitive, but progressive muscle relaxation has been shown to help ease muscle tension (a common physical symptom of stress) and bring about deep relaxation. When your body relaxes, it will respond with a slower heart rate, deeper breathing, lower blood pressure, and increased blood flow to the brain. The key to progressive muscle relaxation is focusing on individual muscle groups in the body, from toe to head or vice versa, and then gradually releasing the tension. It's a simple way to calm your body and mind when you feel like stress is having an effect on your physical health.

You can also add gratitude into this practice. As you tense and release each muscle, think about what that body part allows you to do to care for yourself and others, to work and to play, and be Christ's hands and feet in the world.

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.*