

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.”**

LET NEGATIVE THOUGHTS PASS.

Reframe the negative to the positive.



**DESTRESS
MONDAY**

DeStressMonday.org

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Focus on the bright side this Monday to ease your stress and develop your inner calm. If stress has been causing you to have negative thoughts, try this mindfulness tip to redirect your focus and think positively.

Adopting an optimistic point of view can help you feel better about daily life and reduce stress. A study by the Concordia University Department of Psychology found that levels of cortisol – also known as the stress hormone – were lower in people who had a more positive outlook.

Implementing positivity is a key aspect to a successful mindfulness practice. If you feel like you're going through a stressful time, replace the thoughts that trigger stress with a more positive spin.

To get started, try the following steps to nurture a positive state of mind:

1. Take a few deep cleansing breaths.
2. Notice your current sensations to experience the present.
3. Identify any worries or negative thoughts. Observe them without criticism or judgement.
4. Tell yourself that you are setting that worry or fear aside for now and intentionally shifts your thoughts to something light and positive that brings you joy. It's ok if it feels like an exercise and if it takes several attempts.
5. Conclude by recognizing and appreciating your many positive qualities.

It's healthy to have and acknowledge negative thoughts. Now you have a mindfulness exercise to shift thoughts from negative to positive, which will naturally allow the negative thoughts and related stress to dissolve more quickly.

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.*