



# God Knows You're Stressed: Simple Ways to Restore Your Balance

*Anne Bryan Smollin*

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# God Knows You're Stressed: Simple Ways to Restore Your Balance

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Things that happen to us do **not** cause stress. . . our reaction to what happens causes stress! Missing a bus or plane, preparing for a wedding, juggling multiple deadlines at work—and at home—a child leaving for college, experiencing divorce, the death of a spouse, child or a loved one are just a sampling of situations that most of us would describe as "stressful." But, Do They Really Cause Stress? In *God Knows You're Stressed*, Anne Bryan Smollin explains that the inevitabilities of life do not have to cause stress if—we treat ourselves with more kindness, laugh more, play more, breathe more deeply, rest more soundly, hold hurts more loosely. With inspiring stories, wisdom and helpful activities that keep life's little trials and larger tribulations in proper perspective, she shows how to do just that. Each of the 12 chapters offers proven ways to help avoid those pitfalls—from saying no to people and activities that demand more than you have to give, to maintaining a feeling of control over potentially stressful situations. Most of all, though, *God Knows You're Stressed* shows how to relax in mind and body and feel healthier and more peaceful in the process.

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