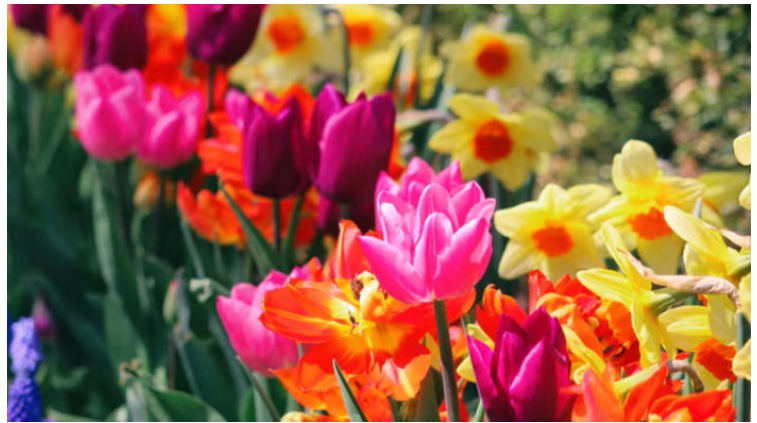




March into a Calmer You

*Are you feeling
overwhelmed by
stress?*



It's a common experience, but there are effective ways to manage it. Here are some techniques you can incorporate into your daily routine:

Prayer and Meditation: These practices help calm the mind and reduce anxiety. Even a few minutes of deep breathing or focused attention can make a difference.

Physical Activity: Exercise is a great way to release stress and improve mood. Find an activity you enjoy, whether it's walking, dancing, hiking, or running. Spring is here and it's a great time to get out in nature and move your body!

Healthy Eating: Nourishing your body can help regulate your emotions. Focus on whole foods, fruits, vegetables, and lean proteins.

Sufficient Sleep: Aim for 7-9 hours of quality sleep each night. Adequate rest is crucial for overall well-being.

Time Management: Prioritize tasks and set realistic goals to avoid feeling overwhelmed.

Social Connection: Spending time with loved ones can provide emotional support and reduce stress.

Hobbies and Interests: Engaging in activities you enjoy can help you relax and unwind.

Professional Help: If stress is significantly impacting your life, consider talking to a therapist or counselor.

Remember, it's important to find what works best for you. Experiment with different techniques and be patient with yourself!

***Want to improve your communication skills?
Tune in to my series starting in April through June.***

Messages from God



New Reading!

March's Blog Highlights:
Secrets, Lies, and Redemption Part 2
(posting 3/1)

Ministry Wives - Unsung Heroes Part 1 & 2
(posting 3/15 & 3/29)

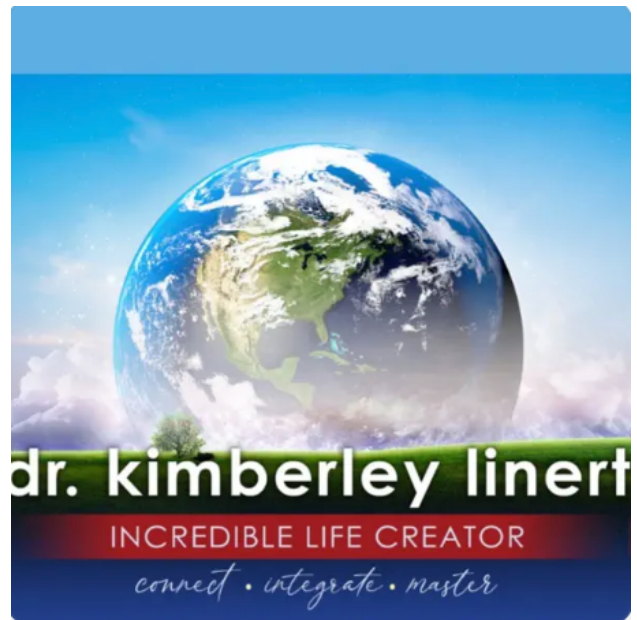
[Read Now](#)

Upcoming Podcasts

March 7

Tune in to the Incredible Life Creator podcast with Dr. Kimberley Linert as I share my personal journey from a troubled childhood to finding peace through faith. Discover how I overcame adversity, found my passion for helping others, and used my own experiences to become a compassionate counselor.

[Listen or Watch](#)



March 21

Join us for a heartfelt conversation with Audrey Staton, a trauma coach and counselor, as we delve into the profound impact of trauma on our bodies and minds.

Listen or Watch



Watch Now

If you've ever struggled with creating or keeping healthy boundaries, check out my guest spot on Your Joyful Order podcast. Make sure to download my [free checklist!](#)

Watch Now



Shopping



Product Spotlight: The Goat Farm

Family-owned and operated, The Goat Farm has products for the entire family!

Get 12% off your entire order!
Discount code: TYM12

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Shopping Guide

Align your gift-giving with your Christian values and support American patriots. Choose meaningful gifts from Christian and veteran-owned businesses, showcasing your faith and love for your country.

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