

## Seven Secrets of Stress Management by Rick Warren

Are you experiencing enormous stress and pressure? Are you able to have a sense of balance and calmness during these times? Check out these secrets:

1. Identification – Know who you are: If you are unsure of your identity, you'll allow others to pressure you into their mold. Trying to be someone you're not causes stress!
2. Dedication – Know who you want: You can't please everyone. Just about the time you get "Crowd A" happy, then "Crowd B" will be upset with you. Never let fear of rejection manipulate you. No one can pressure you without your permission.
3. Organization – Set clear goals: You need to know where you came from and where you're going. Preparation prevents pressure, but procrastination produces it. You work by either priorities or pressure.

To be continued next week # 4 through # 7.