

Happy *Pi* (π) Day. Now, *chillax*!

Today's post is a reminder of something most of us know all too well: Stress can kill, in an *infinite number* of ways.

Although that may sound a bit exaggerated, nope, it can. Stress can contribute to some pretty serious health conditions which, if unattended, can deteriorate the body and mind. So I'm feeling the need to remind us that the stress we are allowing ourselves to succumb to can take a toll on us and shorten our lives.

Some ailments are genetic or just the luck of the draw, as we know, and we can't escape them. We can do only what we can about them…and pray. But often, however, they are stress-induced. You know, the anxiety, worry, strain, pressures, we deal with day-in day-out.

But what to do? Because, man, stress is difficult to avoid. Well, folks, managing it seems to be the name of the game. Here's the top bundle according to research (and my personal challenge):

-take breaks from news and social media
-make time to unwind
-get plenty of sleep
-exercise
-hydrate (ourselves not just the plants)

And here's what I would add:

-start the day with prayer
-be grateful throughout the day
-accept that which you cannot control…adapt, improvise
-breeeathe

-end your day with prayer

Now, it's Pi Day, let's get out there and beat stress, people! Enjoy your piece of pie.

For every day I can consciously make moments to *chillax*, I am grateful.

What are you thankful for today?

Until next Thursday's post…si Dios quire.

"If you want to conquer the anxiety of life, live in the moment, live in the breath."
-Amit Ray

"We must have a pie. Stress cannot exist in the presence of a pie."
-D. Mamet

"Won't you look down upon me, Jesus?
You've got to help me make a stand
You've just got to see me through another day
My body's aching and my time is at hand
And I won't make it any other way."
-James Taylor



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