

# Weekly Wisdom

*Grow the Green for You and Your Team*



*“Kites rise highest against the wind - not with it.”*  
- Winston Churchill

## Managing Anxiety & Stress

We’ve researched many articles on coping with stress and anxiety, and there are many good ones. Our favorite, however, is from a Diana Bass Butler newsletter, *The Cottage*. Here are her 10 W’s for coping when life is tough.

**WAKE UP.** Everyday. Don’t hide under the covers. Don’t doom scroll.

**WELCOME THE DAY.** Everyday. Say a heartfelt thank-you. You are alive.

**WALK.** Everyday. Get fresh air. Feel the ground under your feet. Notice beauty.

**(BE) WITH OTHERS.** Everyday.

**WORK.** (Most days, but take Sabbaths, too.) Focus on your own gifts & calling.

**WRITE.** (everyday, weekly, or often). Keep a journal. Any creative expression of your story in hard times will do.

**WATCH THE NEWS** (as able) but limit your exposure to stressors.

**WEEP** (whenever). Embrace your emotions. Don’t judge how you feel.

**WONDER** (as much as possible). Get into nature, go to a museum, read books, play music, look at pictures of space. Awe leads to goodwill for others.