

## Practical Tips for Decreasing Work-Life Stress



- ◆ Push the P\_\_\_\_\_ B\_\_\_\_\_ in the parking lot (or driveway) (Prov 29:20)  
\_\_\_\_\_
- ◆ Create a L\_\_\_\_\_ of T\_\_\_\_\_ for co-workers, friends and family members (Eph 4:2)  
\_\_\_\_\_
- ◆ A\_\_\_\_\_ G\_\_\_\_\_ I\_\_\_\_\_ when others hurt, frustrate or offend you (Prov 19:11)  
\_\_\_\_\_
- ◆ Y\_\_\_\_\_ to the other person and truly desire to understand him or her (Ph 2:4)  
\_\_\_\_\_
- ◆ A relationship I want to improve is with: (initials alone are ok)  
\_\_\_\_\_
- ◆ I will apply these concepts (how & when): \_\_\_\_\_  
\_\_\_\_\_



### Extra Credit Bible Texts:

- ◆ Col 3:12-15
- ◆ 1Jn 4:7,8
- ◆ Eph 4:31, 32
- ◆ Ja 4: 11,12
- ◆ 1Sam 16:7
- ◆ 1Th 5:15
- ◆ 1Cor 13:4,5
- ◆ Prov 18: 2, 15



### NOTES: