



[cheri@kreativnrg.com](mailto:cheri@kreativnrg.com)  
c: 248.444.4030  
w: 248.592-1203  
[www.kreativnrg.com](http://www.kreativnrg.com)

Transforming your life, one idea at a time...

## SIX POWERFUL STRESS SAVORS TO TRANSFORM YOUR LIFE NOW!

by Cheri J. Najor, CSW, CPT

Stressed out? No worries. Here are some simple but highly effective tools you can use today to take control of your stress, once and for all! The trick is to do the opposite of what most people do. Just try one of these simple suggestions. The payoff will be immediate, and you'll be well on your way to creating a peaceful, positive mind from which all good things will flow.



1. Instead of beginning your day with thoughts swirling in your mind about everything that you have to “get done”, do the opposite -- begin your day with an intentional ritual of thanks. *“Thank you for my amazing family, thank you for my wonderful home, thank you for the fact that my children are safe and asleep in their warm beds, thank you for the coffee that’s waiting for me, thank you for the warm shower I’ll be taking, thank you...”*
2. Instead of prolonging a conflict by justifying how right you are, consider the insane possibility that you’re not right, and even if you are – it doesn’t matter. Pick up the phone and say, “I’m sorry.” Then remind yourself “I am at peace with everyone, including myself.”
3. (If you find yourself resisting the above-referenced suggestion, ask yourself, “How did I contribute to this problem?” If you think you didn’t, ask again. If you think you didn’t, ask again. When you finally see how you co-created the situation, pick up the phone.)
4. Instead of living in the future where you are certain you’ll be happier, savor NOW. Taste your food. Hug your family for at least 10 seconds. Look for the moon, find it and appreciate its beauty. This is it. Someday has arrived.
5. Instead of being what George Bernard Shaw called a “selfish little clod of ailments...”, control your mind – look for what your stress is trying to teach you. “It” isn’t the problem. “It” is just life giving you an opportunity to grow into the person you were created to be.
6. Instead of running away from whatever you’re afraid of, move into it, toward it, conquer it, gain power over it and be done with it. Fear grows in the dark. The light of action distills it to the illusion that it always was and always will be.



Cheri J. Najor, CSW, CPT is a Michigan-based corporate trainer, professional speaker, licensed therapist and owner and founder of Kreativ Energy, a training and consulting company that specializes in helping people and organizations thrive during challenging and changing times. For over 20 years, her professional and personal growth services have helped thousands Just Say Yes!™ to a powerful mindset that enables them to become better leaders, create healthier relationships, and achieve extraordinary results. Cheri can be reached at: [cheri@kreativnrg.com](mailto:cheri@kreativnrg.com), or [Cheri@LittleMissPositive.com](mailto:Cheri@LittleMissPositive.com); Office: 1-248-592-1203, or visit her website at <http://www.kreativnrg.com>