

Stressed? Try These Spirit-Filled Life Hacks

We are stressed, worried, fearful and overwhelmed. That about sums up the year 2020 and is starting to define 2021. I am concerned about the many who are caught in the overwhelming stress of everyday life.

Although stress may seem like a fact of life, it takes a huge toll on our bodies. When we are stressed, many of us have a tendency to overeat—especially junk food. When we try to eat our stress away, it only leads us down the path of more stress in the form of continual weight gain.

We may not realize it, but totally changing the way we do things is stressful. Staying home is stressful. Not being with extended family and friends is stressful. Not going on vacation is stressful. Just thinking about going to the grocery store or even to church is stressful.

Now as we cautiously venture forward into the world, poking our heads up out of the holes we've lived in for over a year, we're realizing some things about 2020 that we didn't factor in.

To find out what they are and to discover how God wants to help you manage your stress well, listen to *Sweet Grace for Your Journey* on the Charisma Podcast Network. Read the rest of the article at [. {eo}](#)

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