



Claiming your Spirituality for the Second Half of Life

In her book *Simple Abundance: 365 Days to a Balanced and Joyful Life*, Sarah Ban Breathnach offers a list of suggestions for coping with stress during periods of change:

Cultivate gratitude.

Turn your phone off.

Carve out an hour a day for solitude.

Begin and end the day with prayer, reflection, or silence.

Keep it simple.

Keep your house picked up.

Don't overschedule.

Strive for realistic deadlines.

Never make a promise you can't keep.

Allow an extra half hour for everything you do.

Create quiet surroundings at home and at work.

Go to bed at nine o'clock twice a week.

Always carry something interesting to read.

Breathe—deeply and often.

Move—walk, dance, run, find a sport you enjoy.

Drink pure spring water, Lots of it.

Eat only when hungry.

If it's not delicious, don't eat it.

Be instead of *do*.

Set aside one day a week for rest and renewal.

Laugh more often.

Luxuriate in your senses.

Always opt for comfort.
If you don't love it, live without it.
Let Mother Nature nurture.
No phones allowed at the dinner table.
Stop trying to please everybody.
Start pleasing yourself.
Stay away from negative people.
Don't squander precious resources: time, creative energy, emotion.
Nurture friendships.
Don't be afraid of your passion.
Approach problems as challenges.
Honor your aspirations.
Set achievable goals.
Surrender expectations.
Savor beauty.
Create boundaries.
For every *yes*, let there be a *no*.
Don't worry; be happy.
Remember, happiness is a *living* emotion.
Exchange security for serenity.
Care for your soul.
Cherish your dreams.
Express love every day.
Search for your Authentic Self until you find you.

(from *Simple Abundance* by Sarah Ban Breathnach, pp. 451-452)