

# Concept



## for Delight Deficient Disorder

### Some stress buffers

1. Share housework.
2. Cook; call a friend; ask for a favorite recipe.
3. Bad weather? Stage a picnic in the living room.
4. Choose recreation over entertainment.
5. Shrink credit card debt.
6. Plan your shopping.
7. Go for water—relax at work every hour. Walk around or down the hall if your job is sedentary.
8. Choose TV carefully. Ban violent or anxiety-raising topics.
9. Travel; draw a 50- or 100-mile radius around your home and plan one-day trips to places you have never seen.
10. Care for your feet. During our lives we walk the average of four times around the world.
11. *Choose* happiness and service.
12. Make connections.

Consider the invitation of Jesus Christ: “Come with me to a quiet place and get some rest.”