

QUICK TIPS FOR STAYING SANE IN A CRAZY WORLD

FROM REBEKAH SIMON-PETER



It's easy to become overwhelmed and disheartened in the world we live in. Sometimes it seems like all news is bad news.

But it is possible to stay sane in a crazy world. Remember, darkness does not drive out darkness. Anger, depression, and despair do not channel God's light into the world. You have permission to shut off the constant stream of negativity, to shine more light into the world.

The three tips I offer below focus on protecting your body, mind, and soul from darkness, all the while allowing you to embrace God's love for yourself and to share it with others.

1. **Mind**

Stay informed, but not immersed, in the news. Most channels repeat the same "breaking news" for hours and days at a time. Since so much of the "news" that is regularly reported is depressing, don't go down the road so far that "the light within you becomes dark."

Equal doses of sunlight, laughter, friendship, and connection with other human beings can work wonders to remind you of all the good and wonderful things happening around you that don't make the news.

2. **Body**

Move your body, breathe deep, and keep yourself physically well. This includes fully experiencing the joy of being alive, as it is a gift from God.

3. **Soul**

Find special ways to connect directly with God. Spend time in nature, creating art, reading scripture, being in the company of those you like or love, or with a favorite dog or cat. Embrace the natural sources of comfort that God provides.