

# MARY O'NEILL'S

## 10 Tips to Reduce Stress and Increase Joy in Living

1. **Live More Fully. Relax.** Slow down.
2. Focus your complete attention on what you have. **Gratitude** will reassure and uplift you.
3. **Remain optimistic.** Intend joy and happiness as a daily gift.
4. Make yourself a priority. **Take time** for yourself every day.
5. **Live authentically.** Be yourself. Get real.
6. **Practice “internal disarmament”.** Develop empathy and compassion for yourself and others. Live from the spirit of the heart vs. the spirit of judgment.
7. Create time each day for what you truly value. Know what you **are deeply dedicated** to.
8. Focus on the possibilities. **Choose faithfully.**
9. **Love more fully.** Keep your heart open. Reach out, reach up.
10. Become a magician. **Expect a miracle.**