

YAHSHUA'S JEWELS



Yahshua's Young People

"Let no man despise thy youth; but be thou an example of the believers, in conversation, in charity, in spirit, in faith, in purity." (1 Tim 4:12)

STRESS BUSTERS

Young people are stressed out! The pressure from friends, social media and the crazy world we live in, can get to you. Here are some tips to help you cope:

- **Breathe in (inhale) & breathe out (exhale) 7 times.**
- **Tell yourself to stay calm→Yah is in control over everything around you.**
- **Exit the stressful situation.**
- **Play fun games (besides video games, there are so many games that you can play). Try a new or old board game.**
- **Write how you feel in a journal. Learn to express yourself.**
- **Tell a parent or someone you trust how you are feeling.**
- **Get outside→Enjoying the fresh air & connecting with Yah's nature can relax you.**
- **Stay Active→walking, playing sports, skipping, jumping jacks, creative dance exercises etc.**
- **Get rest→Sleep is important for your health.**
- **Be creative→Explore new hobbies (learn to play a new instrument, create your own song, be a chef etc.).**
- **Laugh more→Watch or read something funny.**
- **Avoid negative friends. It is not the quantity of friends that matter but the quality of friends. Two good friends are better than five bad friends.**
- **Embrace Yahshua's love for you. He is hugging you. Squeeze him. Tell him everything. Let him deal with it. ☺**

STRESSED OUT!!



WHAT SHOULD I DO?

TRUE or FALSE

- | | | |
|---|-------|-------|
| 1. Don't tell anyone how I feel. | _____ | _____ |
| 2. Hang out with bad friends to be popular. | _____ | _____ |
| 3. Explore a new hobby. | _____ | _____ |
| 4. Breathe in & out. | _____ | _____ |
| 5. Don't exercise or be active. | _____ | _____ |
| 6. Get rest. | _____ | _____ |
| 7. Get outside. | _____ | _____ |
| 8. Write in a journal. | _____ | _____ |
| 9. Over eat. | _____ | _____ |
| 10. Block Yahshua out. He does not care. | _____ | _____ |
| 11. Ask Yahshua for help. | _____ | _____ |

Answer=6 True



WORDS OF WISDOM

*"Casting all your cares upon him;
for he careth for you."*

(1 Peter 5:7)

CHECK OUT ALL EDITIONS OF YAHSHUA'S JEWELS:
<http://assemblyofyahweh.com/youth>
REMEMBER TO PASS IT ON TO YOUR YOUNG PEOPLE.