April 24. The annual Celebration Dinner went off with out a hitch Saturday, and meditation in prayer works too. Number clouds. "Meditation can go beyond positive affirmations and breathing. Meditation on the Bible and meditation in prayer works too. Number 10 on the WebMD list is gratefulness. Keeping a journal and writing daily about what you are thankful for releases endorphins and calms the body. You can integrate this into your spiritual life too, writing down what you are thankful for from the Lord. If these things don’t seem to fit you, there are other ways to reduce your stress levels. Get out. Be creative. Remember, staring at your computer screen for too long is harmful to your body and greatly increases stress. One of the most helpful ways to calm down is exercise—escape the dorm and go jogging or lift weights. Interactions with others also goes a long way to getting you on the right track. Venting about your stress is sometimes relaxing. Combine exercise with community, and joy and talk with a friend. Pick up the phone and dial a familiar family member back home or a long-time friend. And of course, there are other ‘friends’ that you can do this to!"...