

To: Everyone who has a copy of Running Your Race
 From: Stan
 Re: Corrections

If you have tried to use the table – on page 113 – which summarizes the strategies that I have been describing (on pages 111-112, under the heading “Stress and Stressor Management Categories”), you will be confused or frustrated or...(No, it is not an ‘embedded’ stressor, so that you will have a reason to use these strategies.)

In the process of getting this book published, it went through several revisions (Yes, it was chronic stressor, that gave me an ongoing reason to apply those strategies.) In the final version, I missed revising this page – so what you see are the correct page numbers for an earlier version of the book.

Below is a copy of the table, with the correct page numbers (for this version) inserted. (Yes, it is my attempt to lessen your confusion or frustration – as is my apology for my oversight.)

CATEGORIES	SHORT-TERM STRATEGIES	LONG-TERM STRATEGIES
1. Change your environment or change your relationship to your environment.	Taking time out (pages 155-158)	Strategies for changing my relationship to my demands (appendix C)
2. Change your reaction to Your environment:		
a) Physically	Single breath relaxation (appendix D)	Progressive relaxation (appendix E)
b) Cognitively	Daily record of distress-producing thoughts (appendix F)	Identifying, challenging, and revising stress-inducing self-talk (appendix G)
c) Spiritually	Relaxing into Jesus’ presence (page 118) Prayer (pages 118-119) Claiming God’s promises (pages 119-120) Remembering what God has already done for us (page 121)	Growing our understanding of who God is and how He operates (pages 121-122) Modifying (toxic) expectations (page 122)
3. Build up your general health.	Stress related “first aid kit” (pages 123-124) Scheduling for a life after stressors (pages 124-125)	Ongoing refinement of what we believe (pages 122-123) Strategies for building up your general health (appendix H)
4. Build up your support system.	Prayer (pages 125-126) Intentionally choosing “uptime” or “downtime” (pages 126-130)	Strategies for building up your support system (appendix I)