

## Biblical Stress Management Times

June 2003

© 2003 Gail Bretan

With the barrage of information we receive everyday in e-mail, as well as the end of school and beginning of vacations, I want to keep this e-newsletter short.

Some of you reported that you didn't receive May's newsletter. You can find it at my website, [www.BiblicalStressManagement.com](http://www.BiblicalStressManagement.com).

---

---

“And Sarah said, ‘God has brought me laughter, so that all who hear will laugh with me.’” Genesis 21: 6

Sarah, the wife of Abraham, named her son Isaac. Isaac, or in Hebrew Yitzhak, literally means “he will laugh.” Did you remember to laugh today? Yitzhak is Evan's (my youngest son) middle name. I never want to forget to laugh. Laughter causes a biochemical release of neurotransmitters in the brain, called endorphins, which block pain and stress. A good belly laugh can also exercise your internal organs, reduce blood pressure, and make you feel good and relaxed. And if any of you are looking for a good name for a child, grandchild, great grandchild, or great great grandchild, consider Isaac or Yitzhak. The exact feminine Hebrew equivalent is Yitzhaka.

So I ask you again, did you remember to laugh today?

---

---

Testimonial: “Looking for an interesting speaker for your organization? Gail's interactive sessions are a crowd pleaser. She touches your heart and your mind. This is the third year in a row we booked Gail. We already have her scheduled for next year!” Sylvia W, Lake Worth, FL

---

---

With joy,  
Gail Bretan, MS, CRC, [www.BiblicalStressManagement.com](http://www.BiblicalStressManagement.com)

PO Box 740774, Boynton Beach, FL 33474-0774  
(561) 704-8240, [gail@bretan.com](mailto:gail@bretan.com)

To unsubscribe, please hit the reply button and type “unsubscribe” in the subject line.