

FFWPU USA Blessing and Family Ministry Podcast: Are You Stressed Out? Here's How to Not Be

Yun-A Johnson
August 20, 2022



MatchNet

Podcast Ep. 29

Are You Stressed Out? Here's How to Not Be

Hi,

If you've been stressed recently, this episode is for you! Benjy shares a unique approach to stress management that has helped drastically reduce stress.

[CHECK OUT EPISODE 29](#)

Available on your favorite Podcast players:

Spotify, Apple Podcasts, Google Podcasts, Stitcher

[LISTEN TO EPISODE](#)



Ep. 29: Are You Stressed Out?

Here's How to
Not Be

 MatchNet Podcast

Join the MatchNet Program

MatchNet is a step-by-step guide for your family. [Click here to learn more.](#)

Sincerely,
Blessing & Family Ministry

