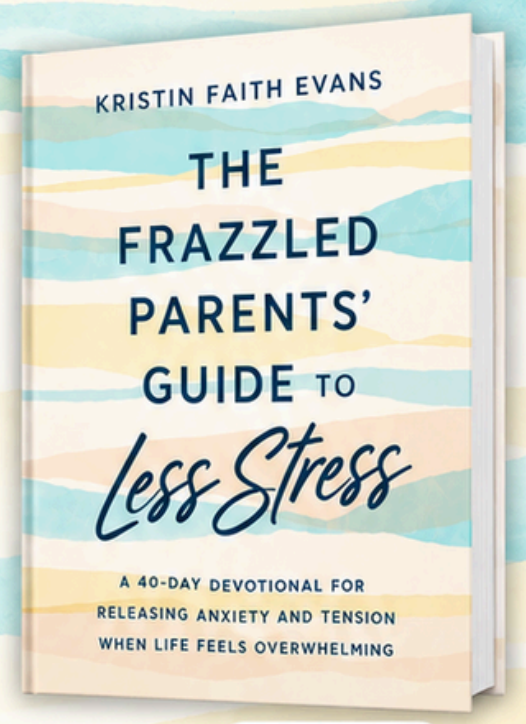


Kristin Faith Evans

MA, MS, LMSW

Author, Speaker & Stress Reduction Expert



Kristin is an award-winning author and sought-after speaker specializing in stress reduction and Christian mindful living. A special needs mom, she is passionate about helping other parents reclaim calm and balance through evidence-based techniques. Kristin has appeared on over 40 different radio and podcast shows including Focus on the Family, Family Life Radio, and Moody Radio and has been featured in numerous publications including *Christian Counseling Connection*, *Focus on the Family Magazine*, and *Exceptional Needs Today Magazine*. Her multi award-winning marriage book (coauthored with her husband) *How to Build a Thriving Marriage as You Care for Children with Disabilities* (Baker Books) was named Parenting Book of the Year (AWSA 2nd Place) and Top Exceptional Needs Book of 2025. Kristin holds her MA in Christian Education and Ministries from Wheaton College, IL and her MS in Social Work from the University of TN and is a licensed masters social worker.

Learn More

SIGNATURE TOPICS

- Using Simple Stress Reduction Skills
- Moving from Guilt to Gratitude & Joy
- Growing an Unstoppable Faith & Resilient Mental Health
- Parenting Mindfully and Calmly
- Flourishing as a Special Needs Mom
- Building a Thriving Marriage While Caring for a Child with Disabilities

As Seen On

CRAZY LITTLE THING CALLED MARRIAGE

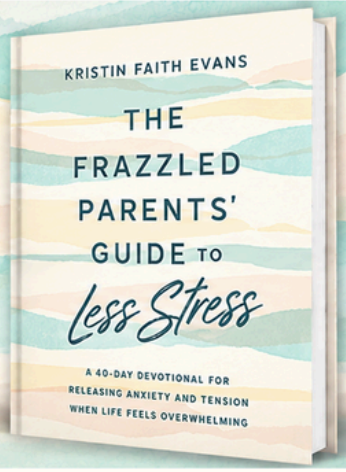
FOCUS ON THE FAMILY

Key Ministry

MOODY RADIO

Family Life Radio

THE FRAZZLED PARENTS' GUIDE TO *Less Stress*



Decompress and move from anxious to calm in just minutes a day with these forty encouraging devotions, which include simple stress management practices for parents.

If you're a parent, you probably know what it's like to feel overwhelmed on pretty much any given day. The hard reality is that our stress management skills simply haven't kept up with our fast-paced society. Thankfully, Kristin Faith Evans, an award-winning author, national speaker, licensed master social worker, and busy mom of two including her daughter with complex disabilities, knows firsthand about the harmful effects of stress and how to counteract them.



Candidly sharing from her own parenting struggles, mental health research, and professional experience, Kristin equips parents to thrive even in their busy routines with The Frazzled Parents' Guide to Less Stress. These forty practice-based devotions will guide you step-by-step in drawing closer to God while lowering your stress levels, anxiety, and depression. Each short entry will empower you to:

Pray: center your heart and mind on God's presence throughout the day with breath prayers, Scripture meditations, and guided experiences.

Ponder: recognize the neurological, physical, psychological, and spiritual elements of stress.

Practice: engage in mindful living, simplicity, muscle relaxation, and deep breathing techniques.

Plan: apply the simple stress reduction skills during your day to relax and parent more patiently and effectively.

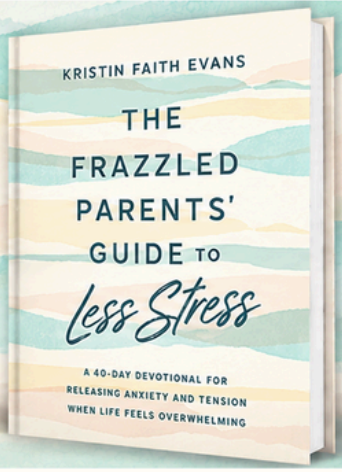


No matter how many kids you have, how long that school pick-up line gets, or whether you have time to go to the grocery store, you can thrive in the stress, reduce your anxiety, grow closer to God, and parent in more patient and effective ways.

Begin your journey to parenting less stressed and releasing tension today.

WaterBrook (PRH Christian)
ISBN: 979-8217152032

THE FRAZZLED PARENTS' GUIDE TO *Less Stress*



Talking Points

1. Over 1/2 of parents are overwhelmed on a daily basis because our coping skills haven't kept up with society's increasing demands.
2. Our stress levels as parents directly impacts our children's spiritual, physical, and mental health.
3. Simple Christian mindfulness skills can dramatically reduce stress levels
4. We can hack our nervous systems to calm our minds and bodies in just minutes a day with deep breathing, breath prayers, and muscle relaxation.

Sample Interview Questions

1. Tell us a little bit about yourself and how you became so interested in teaching parents how to counteract stress.
2. What are the reasons parents are so stressed today?
3. In what ways do our own stress levels impact our children's health?
4. How does technology play into our stress and anxiety levels?
5. Explain to us how this devotional differs from other parenting books.
6. What happens to our bodies and minds when we're stressed?
7. Why is it so important we calm our central nervous system?
8. In the book you guide parents in Christ-centered mindfulness. Can you explain what that is?
9. What are some easy ways parents can reduce tension and anxiety right where they are?
10. Where can listener's find you and purchase the book?

LET'S WORK TOGETHER!

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Please feel free to reach out for speaking engagements, book signings, or media inquiries.