

Stress Management—a new point of reference—presented by Linda Benton

Take The World's Easiest Stress Test (see stress test sheets)

Objectives

- Define stress
- Discuss what's stressing you out
- Review strategies for controlling stress
- Enjoy sharing and getting to know each other

What is stress?

Is it the way we react physically, mentally, and emotionally to the various conditions, changes and demands of life.

Identify your stressors

- Quickly make a note of the top 3 stress areas of stress in your life.
- Discuss.
- Determine the category these fall into
Time...Relationships...Health...\$\$\$\$\$

Is stress good or bad?

Some sources of stress

- Change
- Overload
- Hassles
- Pressure
- Environmental stress
- Letting ourselves down
- Self-imposed stress

Stress building beliefs

- Perfectionist
- Control freak
- People pleaser
- I can't do anything right
- Victim complex
- Martyr complex
- If only....

“Every day, every moment you decide how you want to feel, think and act. This is your own personal choice, not anyone else's. This is the one thing you have total control over in our life. It is the only thing!” Debra Pestrak, author

“The greatest discovery of my generation is that human beings can alter their lives by altering their attitude of mind.” William James, 20 century physiologist

“Everything can be taken from a man but...the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.” Viktor Frankl, author

“But the fruit of the spirit is Love, Joy, Peace, Longsuffering, Kindness, Goodness, Faithfulness, Gentleness, and Self control” Paul

So...what Does this mean?

No one can:

- Offend you
- Make you happy
- Make you sad
- Make you angry
- Make you a victim
- Make you feel _____

He who angers you controls you

Being in control is a powerful feeling. II timothy 1:7

Strategies for Taking Control of Stress

- Feel the power and choose to control your attitude
 - Identify your negative thoughts and change them
 - Look for Christ’s points of view
 - Be willing to be wrong
 - Let go of the drama
 - Have an “attitude” of gratitude
 - Focus on others
- Simplify
 - Take out the ‘trash’
 - Simplify home, work environment, schedule, relationships
- Take control of your time
 - More planning, less execution
 - Eat that frog
 - Morning and evening routines
 - Transportation
 - Travel time
 - Dependent care
 - Appointments and errands
 - Contingency plan?
- Choose to change what you can
 - If only I were taller, smarter, prettier....
 - We tend to think of changing jobs, spouses, houses, etc, instead of ourselves

- Wherever you go, there you are.
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- Focus on others
 - Build relationships
 - Repair relationships
 - Give to others
 - Volunteer
 - Make every day random acts of kindness day
- Live In the Present
 - Stay present and focused
 - See the wonder
 - See the humor
 - Find something to enjoy or learn in every situation
 - Choose to live the fruits of the spirit
- Take your breaks
 - Take a prayer break
 - Take a study break
 - Take a meditation break
 - Take a praise break
 - Sing hymns to yourself
 - Other....

Yesterday is history, tomorrow is a mystery, today is the present you have been given.
(or, today is a gift, that is why we call it the present)

Make God's word your point or reference for managing stress.

Some resources (added notes by Jeana)

We've put together 14 ways to beat stress. To put some peace back in your life, try:

- ▶ [Aromatherapy](#)
- ▶ [Bach flower remedies](#)
- ▶ [Biofeedback](#)
- ▶ [Conflict resolution](#)
- ▶ [Exercise](#)
- ▶ [Kava kava](#)
- ▶ [Laughter](#)
- ▶ [Massage](#)
- ▶ [Meditation](#)
- ▶ [Pets](#)
- ▶ [Simplifying](#)
- ▶ [Visualization](#)
- ▶ [Yoga](#)

The American Institute of Stress

<http://www.stress.org>

American Psychological Association, APA Help Center

<http://helping.apa.org>

Online resource center

<http://healthlibrary.epnet.com/GetContent.aspx?token=b93d114e-5009-4f6a-9917-6c594254fcc7+&chunkid=33771>