






- In this world you will have trouble. But take heart! I have overcome the world. *(John 16:33)*
- I tell you, do not worry about your life... *(Matthew 6:25)*
- Humble yourselves under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. *(1 Peter 5:6-7)*



Scripture




What Is Stress?




- Reaction when the demands of a situation exceed our resources
- Often caused by events that are *perceived* as endangering our well-being
- In other words, they seem **THREATENING**

What Is Stress?



What Is Anxiety?



- Worry about future events, often times excessive
- Tends to be vague and generalized
- Similar to stress but more intense
- Interferes with a person's daily functioning
- Present in multiple life areas
- Experienced for longer durations

What Is Anxiety?

.....
You may not be able
to control every
situation and its
outcome, but you
can control your
attitude and how
you deal with it.
.....
WWW.LIVELIFEHAPPY.COM

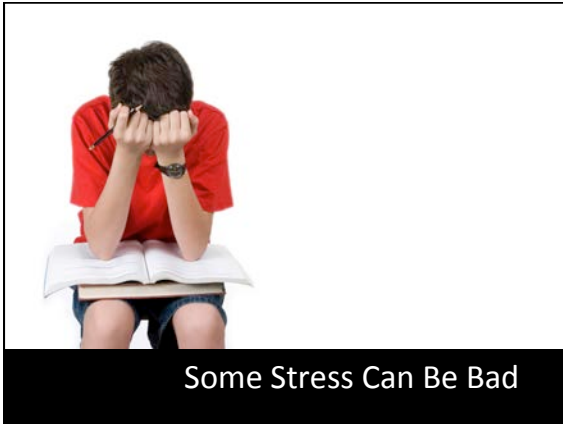
Examples of Stressful Situations?

ABC Model


- **A:** affect (*feel*)
- **B:** behavior/biology (*do/physical functioning*)
- **C:** cognitive (*think*)
- **S:** spiritual

Some Stress Can Be Good

- **Yerkes-Dodson Law:**
 - Performance improves as a function of stress up to a threshold beyond



- What are some ways that stress can be bad?
 - Psychologically
 - Physically
 - Cognitively
 - Behaviorally
 - Spiritually




Some Stress Can Be Bad



Early Stress Warning Signs

- Concentration difficulties
 - Distractibility
 - Lack of focus
 - Difficulty processing information
- Negative thinking
 - Jumping to conclusions
 - Negative assumptions
 - Catastrophizing
 - Overestimating the likelihood of negative events




Early Stress Warning Signs



Stress Management

- Stress allows us to get “geared up” for important events
- However, our performance suffers when we get “too anxious” or overwhelmed
- Whether positive or negative stress, what remains important is **HOW** we manage it!



Stress Management

Researchers have identified **5 danger signs** that can make events seem more stressful...



Five Life Event Danger Signs




The diagram features five orange warning triangles arranged in a circle. Each triangle contains a white exclamation mark. Below each triangle is a bolded title and a question:


- UNPREDICTABILITY**: Was it unexpected?
- MAGNITUDE**: Was it important or large?
- UNDESIRABILITY**: Was it unwanted?
- CLUSTERING**: Did several events occur?
- UNCONTROLLABILITY**: Was there no ability to control it?



Five Life Event Danger Signs




A close-up of a stress level gauge. The needle is pointing towards the 'MAXIMUM' mark. The gauge is divided into four colored zones: LOW (green), MODERATE (yellow), HIGH (orange), and MAXIMUM (red). The word 'STRESS' is written across the center of the gauge.





How Do We Assess Stress?

- **Perceived Stress Scale (PSS)**
 - Developed to measure the degree to which situations in one's life are appraised as stressful.
 - Published in 1983 and has become one of the most widely used psychological instruments for measuring nonspecific perceived stress.
 - Used in studies extent to which there are associations between psychological stress and psychiatric and physical disorders.




How Do We Assess Stress?




Stress Management Strategies
BEHAVIORAL

- **Behavioral Strategies**
 - **Relaxation Skills**
 - 4-4-8 Technique
 - Slow Breathing
 - Progressive Muscle Relaxation
 - **Imagery**
 - **Self-soothing (all senses)**




Stress Management Strategies
BEHAVIORAL

- Behavioral Strategies
 - Time Management
 - Prioritization
 - Essential vs. non-essential tasks
 - Delegation
 - Allowing Extra Time



Stress Management Strategies
BEHAVIORAL

- Behavioral Strategies
 - Letting go of perfectionism
 - Recognizing and letting go of expectations
 - Overcoming procrastination
 - Motivation follows behavior
 - Saying "no"
 - May be tied to self-image




Stress Management Strategies
BEHAVIORAL



Stress Management Strategies
COGNITIVE

- Cognitive Strategies
 - Treating thoughts as guesses
 - Much of what a person feels is caused by what they say to themselves
 - Evidence-based thinking
 - Automatic thoughts contribute to how we feel and respond
 - Realistic self-talk
 - Both seeing a situation accurately and relying on the truths of Scripture passages can be motivational and uplifting




Stress Management Strategies
COGNITIVE




Stress Management Strategies
SPIRITUAL

- Spiritual Strategies
 - Select Scripture Passages
 - **Philippians 4: 4-7** Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
 - **Proverbs 12:25** Worry makes a man's heart heave. But a kind word cheers him up.




Stress Management Strategies
SPIRITUAL

- Spiritual Strategies
 - Select Scripture Passages
 - **Matthew 11:28-30** Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.
 - **Matthew 6:34** Do not worry about tomorrow for tomorrow will worry about itself. Each day has enough trouble of its own.




Stress Management Strategies
SPIRITUAL

- Spiritual Strategies
 - Select Scripture Passages
 - **Psalms 23** The Lord is my shepherd, I shall not be in want...



Stress Management Strategies
SPIRITUAL


- Spiritual Strategies
 - Focus on blessings
 - Pray often
 - Find comfort and meaning in struggles
 - **James 1:2-4** Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance.



Stress Management Strategies
SPIRITUAL




- General Interventions
 - Self-care:
 - Adequate exercise (3x per week)
 - Adequate sleep (~8 hours per night)
 - Recreation and hobbies (at least 2x per week)
 - Utilize Available Support




Stress Management Strategies
GENERAL INTERVENTIONS

- Live “one day at a time”
- Avoid avoiding (i.e., procrastination)
- Set time limits with anxiety
 - Worry time
- Journaling




Stress Management Strategies

- Cool (Free) Apps:
 - Fluid Monkey
 - Breathe2Relax
 - Bloom
- Workbooks:
 - Teen Stress Workbook (Dr. Liptak)
 - Fighting Invisible Tigers: Stress Management for Teens (Earl Hipp)



Resources

- Stress is a part of life in a sinful world.
- Stress isn't necessarily a bad thing; rather, what matters is what you do with it.
- Identify practical ways to manage stress and anxiety.
- **Start AND end each day with Scripture!!!**



Wrapping It Up...

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Questions?
