

ELIMINATING STRESS

PRACTICING PEACE

PURPOSE

1. Define stress.
2. Identify the impact of stress upon us.
3. Identify ways to decrease and eliminate stress and its effects.
4. Define peace.
5. Identify the impact of peace upon us.
6. Identify ways to add and increase peace and its effects.

OBJECTIVES

1. Understand and practice the **“RELAXATION RESPONSE”**.
2. Introduce Service Excellence Strategies.

MANAGEMENT OF :

SPIRIT SOUL BODY

HELP FOR DISTURBANCES IN COMFORT

DEFINITIONS

- PAIN:** the experience of hurt or strong discomfort in the body, soul, and/or spirit.
- STRESS:** the experience any type of change, whether positive or negative, that results in physical, mental, emotional, or spiritual strain or tension.
- BODY:** the physical nature of the person.
- SOUL:** the mind, intellect, and emotions of the person.
- SPIRIT:** the aspect of the person that has the capacity to relate to God/ the intangible.

LIFE-CHANGING EVENT QUESTIONNAIRE

SOCIAL AREA	LIFE CHANGES	LCU VALUE*
FAMILY	Death of spouse	105
	Marital separation	65
	Death of a close family member	65
	Divorce	62
	Pregnancy	60
	Change in health of family member	52
	Marriage	50
	Gain of new family member	50
	Marital reconciliation	42
	Spouse begins or stops work	37
	Son or daughter leaving home	29
	In-law trouble	29
	Change in number of family get-togethers	26
PERSONAL	Jail term	56
	Sex difficulties	49
	Death of a close friend	46
	Personal injury or illness	42
	Change in living conditions	39
	Outstanding personal achievement	33
	Change in residence	33
	Minor violations of the law	32
	Begin or end school	32
	Change in sleeping habits	31
	Revision of personal habits	31
	Change in eating habits	29
	Change in church activities	29
	Vacation	29
	Change in school	28
	Change in recreation	28
	Christmas	26
WORK	Fired at work	64
	Retirement from work	49
	Trouble with boss	39
	Business readjustment	38
	Change to different line of work	38
	Change in work responsibilities	33
FINANCIAL	Change in work hours or conditions	30
	Foreclosure of mortgage or loan	57
	Change in financial state	43
	Mortgage (home, car, etc.)	39
	Mortgage or loan less than \$10,000 (stereo, etc.)	26

Directions: Sum the LCUs for your life change events during the past 12 months.
 250-400 LCUs per year: minor life crisis; 400 and over LCUs per year: major life crisis

*LCU, life change unit. The number of LCUs reflects the average degree or intensity of the life change. Adapted from Rahe, R. (1990). Psychosocial stressors and adjustment disorder: Van Gogh's life chart illustrates stress and disease. *Journal of Clinical Psychiatry* 51(11, Suppl.): 15; reprinted with permission. Scale found in *Psychiatric Nursing Clinical Guide, Assessment Tools and Diagnoses*, by Elizabeth M. Varcolis, W. B. Saunders Company, Philadelphia, 2000, p. 395.

STRESS

ANY TYPE OF CHANGE: POSITIVE OR NEGATIVE;
PHYSICAL, MENTAL, EMOTIONAL, OR SPIRITUAL STRAIN OR TENSION

BURNOUT

EXTENSIVE AND SUSTAINED STRESS THAT RESULTS IN
IMPAIRED ABILITY TO FUNCTION EFFECTIVELY
PHYSICALLY, MENTALLY, EMOTIONALLY, OR SPIRITUALLY

WHERE DO YOU SCORE ON THE SCALE BELOW?

LOW STRESS

HIGH STRESS

0 1 3 4 5 6 7 8 9 10

RATE YOURSELF

TODAY _____
LAST WEEK _____
SIX MONTHS AGO _____
ONE YEAR AGO _____
TWO YEARS AGO _____

WHAT IS YOUR USUAL STRESS LEVEL EVERY DAY? _____
WHAT HAS BEEN YOUR HIGHEST STRESS LEVEL? _____

WHAT IS THE LEVEL OF STRESS THAT ENHANCES YOUR
FUNCTIONING? _____

WHAT HAS BEEN THE TIME SPAN OF YOUR MOST SUSTAINED
STRESS? _____

WHAT DID YOU LEARN FROM LIVING THROUGH THAT
STRESS? _____

(Form adapted from scale, author unknown)

PEACE ©

SERENITY CALM TRANQUILITY ABSENCE OF NEGATIVE STRESS

STRENGTH FOR THE SPIRIT

What words would you use to describe your life lately? Would you say words like serene, calm, or tranquil? No? Well, if that's not the case, you probably need a strong dose of peace. Life can be really challenging on the inside of us, with other people, and even in society these days. There is an inspirational answer to finding "strength for the spirit" for you:

Whenever you want to find the truth and principles that never fail, look in God's Word. Find your answers in *Philippians 4: 6,7, 8*.

Philippians 4:6,7,8

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done.

If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise. (HOLY BIBLE, New Living Translation)

POSSESSION OF PEACE:

- ◆ Do not worry about anything.
- ◆ Pray about everything.
- ◆ Tell God what you need.
- ◆ Thank Him for all He has done.

EFFECTS OF PEACE:

- ◆ Peace will guard your heart.
- ◆ Peace will guard your mind.

PROCESS OF PEACE:

- ◆ Peace occurs as you live in Christ Jesus.
- ◆ Peace occurs as you control your thought life.

THE RELAXATION RESPONSE

1. Sit quietly in a comfortable position in chair with arms, or if possible in a private place where you can spend time lying down. Choose a place where you will not be interrupted.
2. Close your eyes.
3. Deeply relax all muscles beginning at your feet and progress upward to your head. Thinking about relaxing the muscles in each body part will help you to maintain concentration to keep them relaxed.
4. Inhale deeply through your nose to the count of four. Become aware of your breathing. Say a word as you deeply exhale, blowing out your breath out through your mouth. You may say the word "ONE" silently to yourself as you exhale. For example, breathe in through your nose..... then as you breathe out through your mouth, say "ONE". Breathe slowly, easily and naturally using your abdominal muscles.
5. Continue breathing for about 10 minutes to 20 minutes, as time permits. You may open your eyes to check the time, but do not use an alarm to end your relaxation time. When you have finished, sit quietly for several minutes at first with your eyes closed and then later with your eyes open. You may say an affirmation such as "I'm awake and alert and ready to be successful", before going back to your activities. Wait for several minutes before standing.
6. There is no need to become concerned if you do not achieve a deep sense of relaxation initially. Maintain a quite attitude and more relaxation will occur as you continue to practice the technique. If distracting thoughts should come, ignore them by not dwelling upon them and by refocusing your attention on your breathing, repeating "ONE" as you breathe out.

Practice this technique once or twice a day just to relax. It can also be used prior to any activity that you desire to be more relaxed. Do not use within two hours after any meals.

(Adapted by Barbara L. M. Little)

DEVELOPING INNER STRENGTH TO SERVE GOD'S KINGDOM

STRIVING TO BE ©

SINCERE LOVING KIND GENTLE THOUGHTFUL

SERVICE EXCELLENCE FROM *THE* INSIDE OUT©

Providing services for others in an excellent manner reflects a person's inner character qualities. These character qualities develop and are matured over time. The positive and negative aspects become apparent in observable outward actions. The ability to truly provide for the needs of others comes through positive motivation, caring, and inner strength.

Several of these qualities that people always positively respond to in family, interpersonal, business, and in community relationships are sincerity, love, kindness, gentleness, and thoughtfulness.

Sincerity is seen in a person who is honest, genuine, and faithful as they provide a service.

A loving person is someone who serves others with a positive attitude, and is devoted to a clear personal vision. This type of person offers a willingness to patiently assist others in achieving their goals with respect, care, and concern.

Kindness is seen in someone who serves others and has the ability to identify with others' differences. They possess tolerant, nonjudgmental, and compassionate qualities that encourage unity and understanding.

A gentle manner of service is seen in someone who is sensitive to the vulnerabilities of others. They are people who maintain peace, respect and humility during all situations.

A thoughtful person's ways are marked by service that is considerate, pleasant, and attentive. These qualities are evident in all activity, behavior, or conversation.

Striving to become excellent in service is often challenging, but the rewarding results will establish and maintain many satisfying relationships within families, interpersonally, within business relationships, and in community relationships that will positively grow, endure and remain mutually productive from the inside out.