

**"To Strengthen the Body and Enliven the Soul"**

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- Achieving mental wellness
  - Lori Hart

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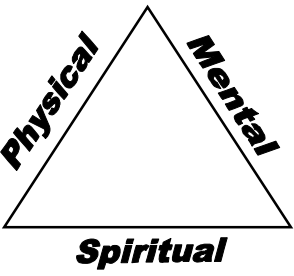
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**Developing Mental Wellness**

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The diagram is a triangle with three sides. The left side is labeled 'Physical', the right side is labeled 'Mental', and the bottom side is labeled 'Spiritual'.

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**What Are The Top Issues?**

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- **ProvidentLiving.org**
  - Stress
  - Emotional & mental problems
  - Eating disorders
  - Parenting issues
  - Marital Issues
  - Divorce
  - Grieving
  - Out-of-wedlock pregnancy
  - Pornography



The image shows a woman with a distressed expression, shouting with her hands held up to her face. She is wearing a patterned top and a bracelet.

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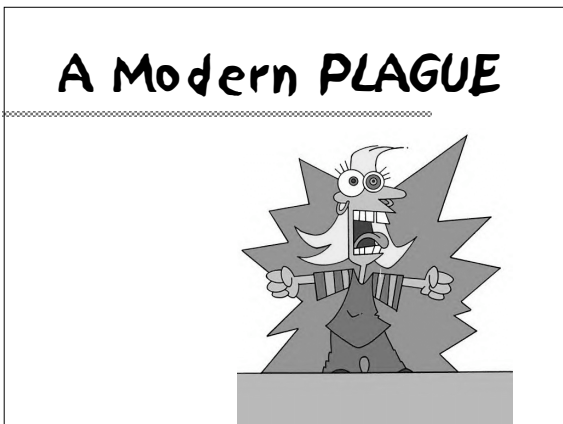
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### Stress Can Make You Sick

- **Brain**
  - Fatigue, aches and pains, crying spells, depression, anxiety attacks, sleep disturbance.
- **Gastrointestinal Tract**
  - Ulcer, cramps and diarrhea, colitis, irritable bowel.
- **Glandular System**
  - Thyroid gland malfunction.
- **Cardiovascular**
  - High blood pressure, heart attack, abnormal heart beat, stroke.
- **Immune System**
  - Decreased resistance to infections and neoplasm.

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### *How Can I Manage Stress Better?*



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## 5 Steps to Managing Your Stress

1. Recognize Your Thinking
2. Physically Manage Your Life
3. Emotionally Manage Your Life
4. Spiritually Manage Your Life
5. Joyfully Manage Your Life

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## 1. Recognize Your Thinking

**Become aware of your stressors and your emotional and physical reactions.**

- Notice your distress.
- Determine how your body responds to the stress.
- Determine what events distress you.



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*Not Allowed!!!*

**Stinking Thinking!!!**

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# The COMMITTEE

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## 2. Physically Manage Your Life

- Physical activity.
- Well-balanced, nutritious meals.
- Avoid caffeine / sugar.
- Mix leisure with work.
- Get enough sleep.
- Relaxation techniques.
- Slow, deep breathing.



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Breathe in...

Breathe out...

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### 3. Emotionally Manage Your Life

#### Maintain your emotional reserves.

- Develop supportive relationships.
- Pursue meaningful, realistic goals.
- Expect frustrations, failures, and sorrows.
- Always be kind and gentle with yourself -- be a friend to yourself.



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### 4. Spiritually Manage Your Life

#### Act as a child of God

- Touch someone else's life.
- Tolerate more.
- Give up control.
- Give thanks more often.



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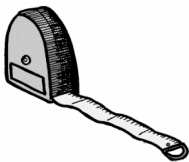
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#### Do NOT compare

- Avoid the laundry room syndrome



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**5. Joyfully Manage Your Life**

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*Men are that they might have joy -  
not guilt trips*

Russell M. Nelson,  
"Perfection Pending," *Ensign*, Nov. 1995, 86



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*Finding Your Joy*

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- Trade frowns for smiles

**Smile at your wife, smile at your husband,  
smile at your children,  
smile at each other,  
it doesn't matter who it is, and will help you to  
grow up in greater love for each other**

Mother Teresa

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*Finding Your Joy*

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- Laugh
  - Cognitive Effects of Humor
  - Emotional Effects of Humor
  - Biological Effects of Humor

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*Finding Your Joy*

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- Every day is special

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*Finding Your Joy*

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- Find joy in the gifts you have been given
- Find joy with who you are

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*Finding Your Joy*

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"Happiness does not depend on what happens outside of you but on what happens inside of you. It is measured by the spirit with which you meet the problems of life."



President Harold B. Lee

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"To Strengthen the Body & Enliven the Soul" May 5, 2006

## Further Reading

James E. Faust, "Who Do You Think You Are?"  
*Ensign*. March 2001, p. 2.

Russell M. Nelson. "Joy Cometh in the Morning".  
*Ensign*. November 1986, p. 67.

Jan Pinborough. "Keeping Mentally Well". *Ensign*.  
September, 1990, p. 48.

Pam Wilson Vandemaker, "Stripped of Envy," *Ensign*,  
March, 1999, p. 19

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