

## Tuesday: Stress-Out! Managing Stress in a Busy Life

### 1. What is stress?

Stress is the body's physiological reaction to change.

### 2. Can stress be good?

The right amount of stress (eustress) helps us to concentrate, focus and perform, and can help us to reach peak efficiency. Stress (distress) becomes a negative when we stay "geared up" and won't nor can't relax after meeting the challenge.

### 3. How much is too much?

With too little stress we feel: Bored; Tired; Frustrated; Unhappy; Prone to illness. With just the right amount of stress we feel: Happy; Creative; Motivated; Productive; Healthy

### 4. The Lord's Position

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. John 14:27

And see that all these things are done in wisdom and order; for it is not requisite that a man should run faster than he has strength. And again, it is expedient that he should be diligent, that thereby he might win the prize; therefore, all things must be done in order. Mosiah 4:27

"We are not being fair when we judge ourselves . . . I feel that one of the great myths we would do well to dispel is that we've come to earth to perfect ourselves, and nothing short of that will do. If I understand the teachings of the prophets of this dispensation correctly, we will not become perfect in this life, though we can make significant strides toward that goal." – Elder Marvin J. Ashton, "On Being Worthy," *Ensign*, May 1989, p. 20

"To you who feel harried and overwhelmed and who wonder whether you ever will be able to run fast enough to catch the departing train you think you should be on, I suggest that you learn to deal with each day as it comes, doing the best you can, without feelings of guilt or inadequacy....No one can do everything...Remember, our Heavenly Father never expects more of us than we

can do." Elder M. Russell Ballard, "Be an Example of the Believers," *Ensign*, Nov. 1991, p. 95

Do not run faster or labor more than you have strength. D&C 10:4

**5. Stress Management:** "The art of claiming our divinely given agency over the physical, mental, spiritual and social aspects of our lives." – Kevin R. Miller

### 6. Eight Stress Erasers:

Biofeedback, Humor, Meditation, Spiritual Nourishment, Deep Breathing, Yoga/Stretching, Relaxation Exercises, Physical Exercise/Rest

### 7. Quick Relaxation Techniques

**Countdown:** with your eyes closed, count backward from ten or twenty, saying each number silently as you exhale. Imagine you are going down a stairway, past the floors as an elevator descends, or count down your age and imagine you are traveling briefly into your past. When you have reached zero, inhale and count to three.

**Imagery:** stop what you are doing and imagine a beautiful scene, perhaps something you saw on your last vacation. Spend five minutes and enjoy every detail of the picture. Hear the water lapping, count the flowers, see, hear and smell things.

**The Turtle:** adapted from a yoga practice, this exercise is designed to relax the muscles of your neck and back. Sit up straight and let your chin fall to your chest as you exhale. Inhale and move your head slowly as though trying to touch the back of your neck with your head. Then pull your shoulders up as though trying to touch them to your ears. Then release.

### 8. Stress Reduction for Mormons

As you travel the road of life, you can reduce your stress with fifteen essential stops:

- Understand positive and negative stress by using your stress thermometer
- Add the fuel of essential spiritual stress reducers

- Choose love and trust to reduce your stress
- Fill up your reserve tank of faith
- Add nourishing meals of love
- Loosen up and enjoy the trip
- Travel daily with the power of Christ-like thoughts
- Avoid the side road of "member teachings"
- Avoid the impassable road of too high expectations
- Avoid the road of perfectionism
- Give Christ-like service as you travel
- Travel with a healthy body through exercise, good nutrition and relaxation
- Listen for feelings and improve your communication skills
- Forgive those who bump into you
- Follow Christ to your destination of Peace

– By Dr. John C. Turpin, [Stress Reduction for Mormons](#): A gospel Journey with 15 Stress- Reducing Stops

### Stress and Food

- For short term, intense stress: citrus fruits, or other sources of vitamin C. For ongoing stress: protein (lean meat, fish, chicken, nuts, etc), calcium (milk, yogurt, cheese, etc) and potassium (fruits and vegetables).
- During stress: carbohydrates can calm your nerves. Be careful of candy and cookies. Better choices include pasta, yogurt, popcorn and nuts. Deep fried foods take a lot of energy to digest, leaving our bodies tired

**Music:** Baroque music has proven good effects

**Colors:** forest green, earth tones

**Smells:** Chamomile and Lavender oils, rosemary

**Exercise:** 30 minutes a day three times a week will give you 80% of the available benefits of exercise!

**Biodots and other Resources:**

[www.stresstop.com](http://www.stresstop.com) or Biodot International 800-272-2340