



Healthy and Happy Seminar 3



Stress Can Kill You! Six Things You Can Do.

The CNN World Business report of February 3, 2005 carried this title “Monday morning bad for your health.” It revealed that more people suffer a heart attack on Monday than on any other day of the week!

Why? Going back to work, or again facing that boss, or dealing with the Monday morning traffic can raise stress levels! And stress can kill you!

1. First of all, what is stress?

Stress is the body's physical, mental and emotional response to the demands of life. Each of these demands is called a stressor.

2. How does the body respond to a stressor?

Choose the right words: adrenaline, normal, pressure.

- (a) Whenever a threat is perceived, the body releases _____.
- (b) The heart pounds faster, muscles tighten, blood _____ rises.
- (c) When the threat disappears, the body relaxes and returns to _____.

3. Stress is helpful. We need it to face emergencies. But continual stress is harmful! It can kill you!

Prolonged periods of stress can cause heart disease, stroke, diabetes, high cholesterol, ulcers, hypertension, colitis, obesity, and even cancer.

4. Strategy # 1 to manage stress: Use Whole Body Therapy. What's that?

1 Corinthians 9:27. "I discipline my body and bring it into subjection."

- 1. If I strengthen my whole body, I can better withstand stress.
- 2. This requires a nutritious diet, regular exercise, adequate sleep.
- 3. Whole Body Therapy says, "If it feels good to the body, do it!"
- 4. This therapy leads us to avoid tobacco, alcohol, and caffeine.

5. Strategy # 2: Take Charge of the Areas of Life You Can Control.

- 1. Write up a "To Do" list at start of each month, week, and day.
- 2. Limit your list of activities to what you can manage.
- 3. Prioritize: Do the lighter tasks first, and the heavier ones later.
- 4. Have an appointment? Start out early. Less haste, Less stress!

6. Strategy # 3: Engage in Relaxing Activities. What did Saul use?

1 Samuel 16:23. He used _____.

Other relaxing activities are: take a walk, work in a garden, breathe deeply.

Now let's practice. Let's breathe from the diaphragm.

7. Strategy # 4: Do Cognitive Restructuring. Use Positive Self Talk!

Proverbs 17:22. "A merry heart does good, like medicine."

- If I say negative things to myself, I will have more stress.
- If I say positive things to myself, I will have less stress.

8. Group Activity. Martha 's boss screams, "Where's the agenda, Miss Slothful?"

Give an example of Negative Self Talk _____.

Give an example of Positive Self Talk _____.

9. Strategy # 5: Communicate Wisely with Your Stressor.

When talking, avoid "You" statements. Instead, use "I" statements.

Example # 1: Instead of "You didn't tell me you wanted the agenda first!"

She could say, "Sir, I didn't realize that the agenda was needed first."

Example # 2: Instead of "You never help with the dishes," what can I say?



10. Strategy # 6: Practice God-centered Meditation. How to do that?

Psalm 46:10. Choose the right words: meditating, prayer, Bible.

- (a) We can spend quiet time talking with God each day in _____.
- (b) We can spend quiet time learning about God daily in _____ study.
- (c) We can spend quiet time with God each day _____ on His love.



11. In addition to Daily Meditation, we also need Weekly Spiritual Meditation. When was this strategy instituted?

Genesis 2:1, 2. _____.

This is a little-known but very effective strategy. So let's explore some of its secrets.

12. Secret # 1: It's a Stress Reliever for all human beings.

Let's see Genesis 2:3; Mark 2:27. True or False?

1. The Sabbath was first given to Moses on Mt. Sinai.
2. It was first given to Adam in Eden for the whole human family.
3. Since Adam was not a Jew, the Sabbath cannot be Jewish!
4. As marriage was made in Eden, Sabbath was made in Eden!

13. Secret # 2: This special day is easy to identify.

Let's look at the events of that weekend. Luke 23:53 to 24:1.

- (a) Crucifixion Day: We say Good _____. Bible calls it _____ day.
- (b) Day In Tomb: We say _____. Bible calls it the _____.
- (c) Resurrection: We say Easter _____. Bible calls it _____ day of week.

14. Secret # 3: Christ never changed the Sabbath. Instead He kept it!

See Matthew 5:17, 18; Luke 4:16. True or False?

1. Jesus abolished only one of the Ten Commandments.
2. Jesus said He did not come to destroy any part of God's law.
3. Christ practiced what He preached. He kept the Sabbath.
4. A Christian is a follower of Christ. So we should keep the Sabbath.

15. Secret # 4: The Sabbath is God's best prescription for human stress!

Isaiah 58:13, 14. Choose the right words: God's, cares, ready, holiday.

- (a) For a full day each week I put away life's _____: job, school, business.
- (b) I don't talk or even think of them! I leave them in _____ hands.
- (c) My mind gets a weekly _____ experiencing freedom from stress.
- (d) After such renewal, I am _____ to face challenges of the new week.



16. Secret # 5: It's Christ's favorite day to relieve stress! 40% of His miracles were done on the Sabbath! Let's look at some of them!

- Paralyzed for 38 years, the man stood up and walked! (John 5:1-15).
- Bent over for 18 years, the woman walked straight! (Luke 13:10-17).
- Blind from birth, the man first saw on the Sabbath! (John 9:1-14.)

17. Secret # 6: The Sabbath will be kept through all eternity!

Isaiah 66:22, 23 tells us we will worship each Sabbath in the New Earth.

When Jesus comes again, we'll have a new planet! Stress-free forever!

And each Sabbath we will worship the Prince of Peace on His Day of Peace.

My Choice.

- I have decided to use these seven strategies to manage my stress.
- I see that the Sabbath is God's best prescription to manage stress.
- I want to worship the Prince of Peace on the Sabbath, His Day of Peace.

Check Your Answers. 4. 1T, 2T, 3F, 4T. 5. 1T, 2T, 3F, 4T. 12. 1F, 2T, 3T, 4T. 14. 1F, 2T, 3T, 4T.

Attention! The information in this seminar is for health education only. It is not designed to be a substitute for the medical care of your physician.

Contributors. For a list of health professionals, go to the Leader's Guide on Website.



Illustrations: Pages 1 by Getty Images, P 2, 3 by Arnol Jimenez, P 4 by Review & Herald.
Family Logo by Enrique Urquijo. Layout, Design & Health Logo by Elizabeth Valoyes.
Copyright © 2018 by Gordon & Waveney Martinborough, Happy Family Bible Seminars International.
Website: www.HappyFamilyBSI.com – Email: waveney@happyfamilybsi.com
Telephone: 407-884-0859 or 800-291-3060