

Staff Appreciation Day
Charlotte-Metro Chapter
National Association of Church Business Administration

April 24, 2008

Personal Wellness, Stress & Your Faith

This original presentation included 55 slides. This is a brief summary.

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Workshop Topics

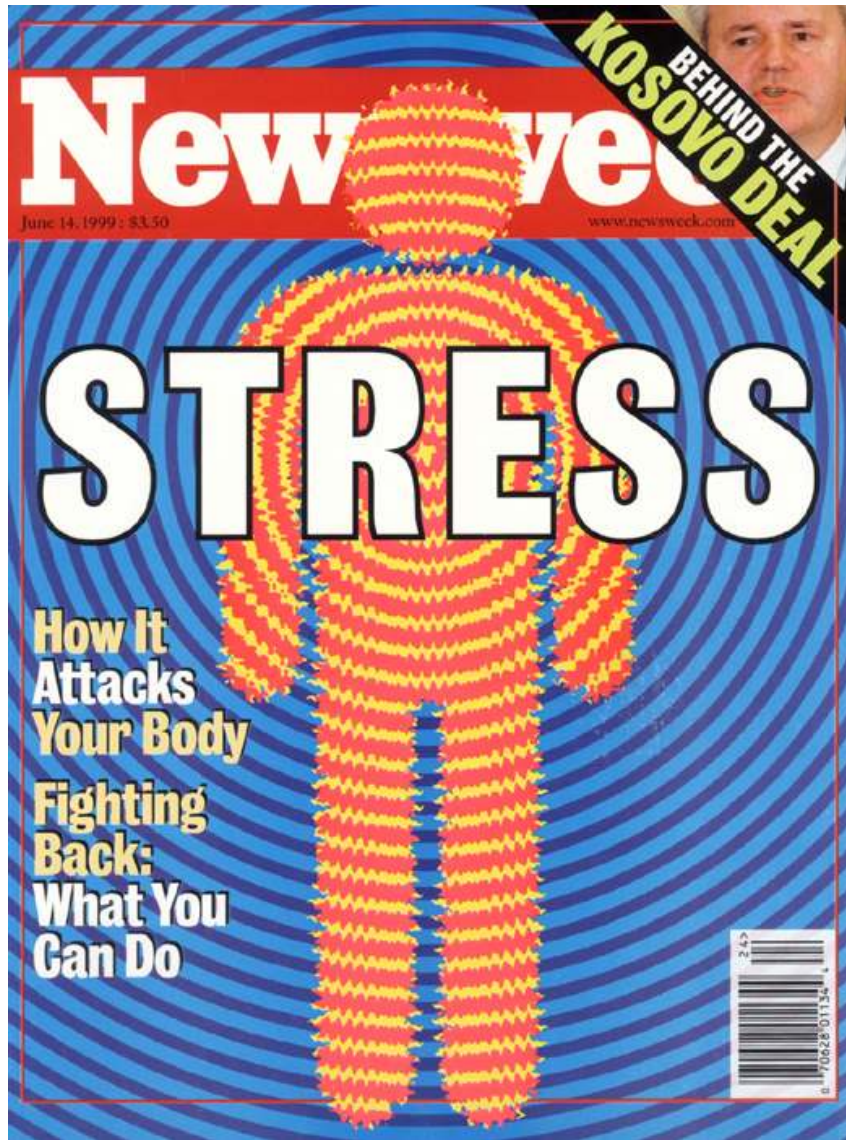
- Stress and the body
- Techniques to help manage stress
 - Body
 - Mind
 - Spirit



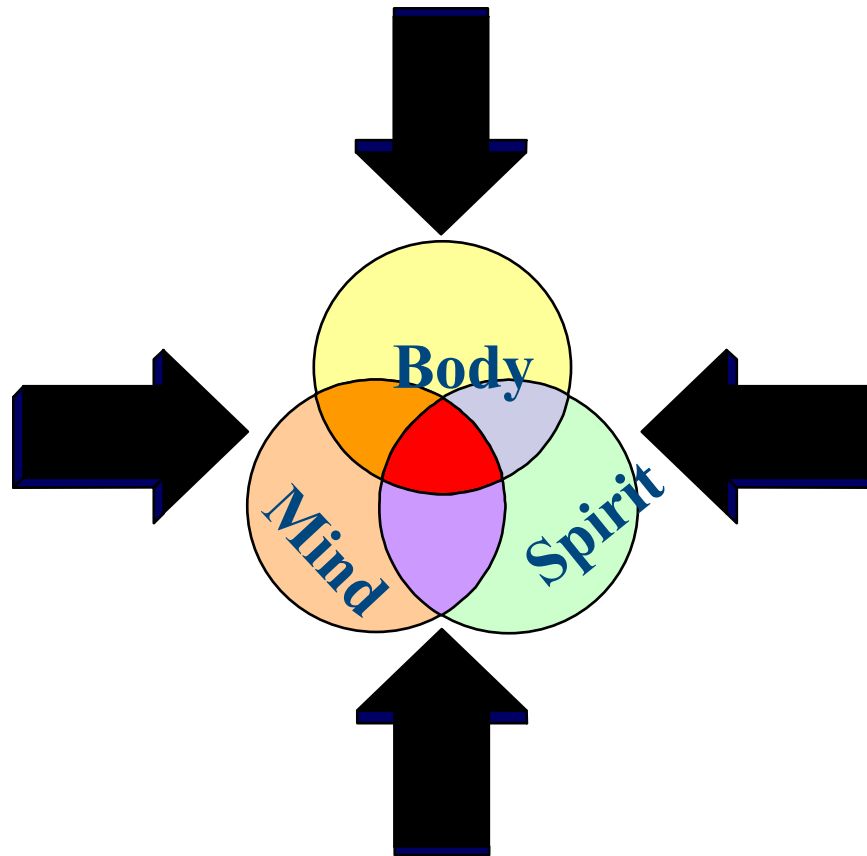
Wellness is about Being Whole and Balanced



- Emotional & Mental
- Physical
- Spiritual



Stress Impacts Us on All Levels

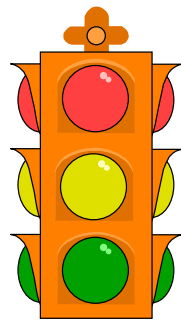




Take a Minute and....

- Think about 5 stressors in your life.
Examples are finances, work hours, illness, conflict with co-workers, relationships, etc.
- Rank the top 3 with “1” being the most stressful and “3” the least stressful.

Some Top Sources of Stress

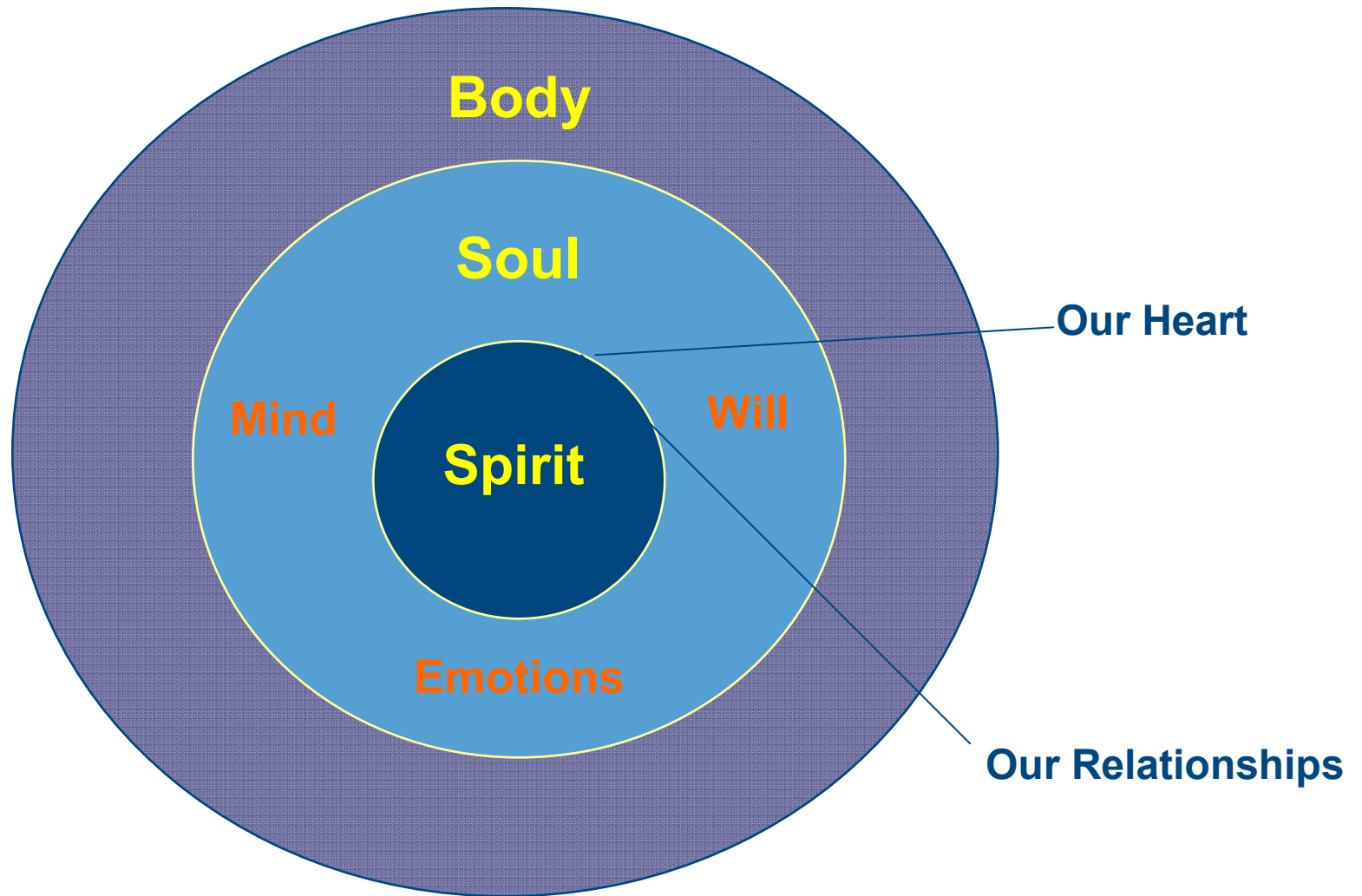




How Stress Affects our Health

- Through our behaviors
- Through our physiological responses

#1 - We Are a Three Part Whole



We are Spirit, have a Soul and live in a Body



Stress-Related Illnesses

- Hypertension, much cardio-vascular disease
- Chronic headaches, some depressions
- Some digestive and intestinal disorders
- Chronic fatigue or pain syndromes
- Some malignancies
- Auto-immune diseases, adult diabetes

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To Manage Your Stress...

- Body
- Mind
- Spirit

To Better Manage Your Stress...

■ Body

- Exercise, Get enough sleep/rest and eat well
- Use of relaxation techniques



To Better Manage Your Stress...

- **Mind** –
 - Manage Your Time Effectively
 - Think with the Mind of Christ



On Priorities . . .

**“The key is not to
prioritize your schedule,
but to
schedule your priorities.”**



**Stephen Covey
Seven Habits of
Highly Effective People**



Thinking With the Mind of Christ

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Jesus on Stress

“I have told you all this so that you may have peace in me. *Here on earth you will have many trials and sorrows.* But take heart, because I have overcome the world.”

Jesus – John 16:33

To Better Manage Your Stress...

- **Spirit** – Care For Your Heart



Proverbs 14:30 on the Heart

- “A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.” NLT
- “A heart at peace gives life to the body, but envy rots the bones.” NIV
- “A sound heart is life to the body, but envy is rottenness to the bones.” NKJ





To Better Manage Your Stress...

■ Body

- Exercise, Rest/Get enough Sleep, Eat well
- Use Relaxation Techniques


■ Mind

- Manage Your Time Effectively
- Think with the Mind of Christ

■ Spirit

- Care for Your Heart
 - Pray
 - Read and Meditate on God's Word
 - Obey God's Word
 - Forgive God, Yourself & Others
 - Lean on the Holy Spirit

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“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”

Jesus - John 10:10



Questions & Feedback





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Contact Dale to present a workshop or retreat

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