



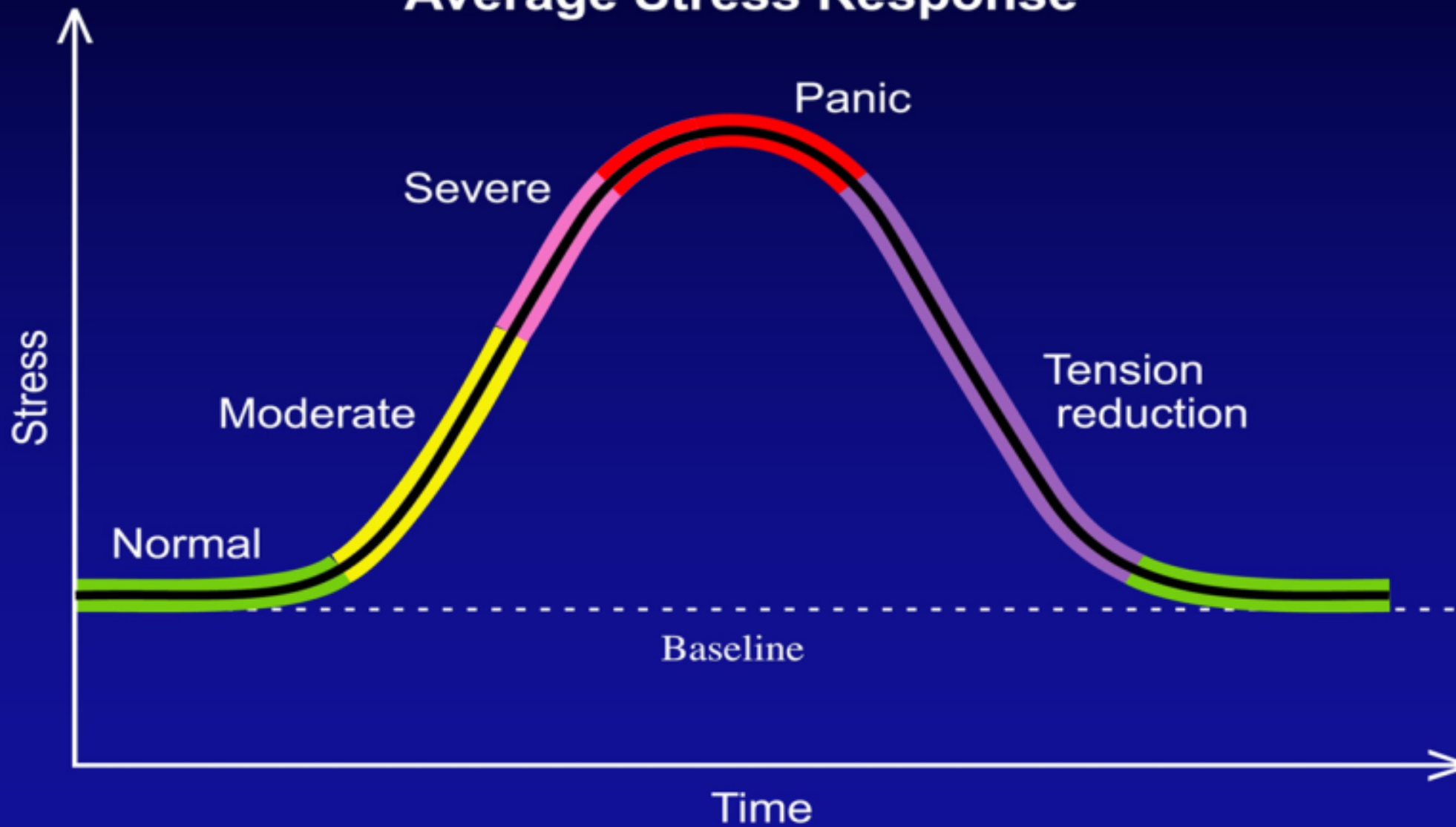
Stress Management with Biblical Principles & Mental Health Strategies

Julia D. Lott, PhD

How do you know you are stressed ?

- Self- Assessment
- What do you base it on?
- Spiritual Countenance
- Physiological Indicators
- Cognitions
- Behavioral Presentations

Average Stress Response



The background features a soft-focus landscape of mountains and a lake. A vertical blue bar is on the left, and a light blue gradient covers the rest of the page. The text is centered in a dark teal color.

How Do You
Manage Stress?

A serene landscape featuring a calm lake in the foreground, a range of mountains in the middle ground, and a dense forest on the right side. The scene is bathed in a soft, teal-colored light, creating a peaceful and contemplative atmosphere. The text is centered over the lower half of the image.

What does the Bible
say about fear?

Scriptures

- Fear Not : Isaiah 41:10, Psalm 23:4, John 14:27, Isaiah 43:5, Isaiah 44:2, Psalm 56:3-4
 - Depending on sources 100 -365 times noted in the Bible
- Judge Not: Matthew 7:1, Luke 6:37-42, John 8:1-8, Like 6:31-36, James 4:11-12, Romans 2:1-3, Romans 14:1-13, Romans 12:16-18,
- Rest in the Lord: Psalm 37:7-8, Psalm 4:8, Psalm 62:1, Matthew 11:28-30, Hebrews 4:9-11, Exodus 33:14, Jeremiah 6:16, Philippians 4:7
 - Means to trust in God and wait patiently for His timing, rather than worrying or fretting about circumstances.
- Take Comfort: Isaiah 41:10, John 14:27, John 16:33, Philippians 4:6-7, Joshua 1:9, 2 Corinthians 1:3-4, Deuteronomy 31:6, Psalm 29:1, Romans 8:28, Romans 15:13
- God's Provision: Philippians 4:19, Psalm 34:10, Matthew 6:33, 2 Corinthians 9:8, Psalm 145:15-16
- Prayer: Jeremiah 29:12-13, Jeremiah 33:3, Mark 11:24, James 5:16, Matthew 6:9-13
 - The order of the Lord's Prayer: honor, calling for the kingdom, surrender, provision, forgiveness, protection, deliverance

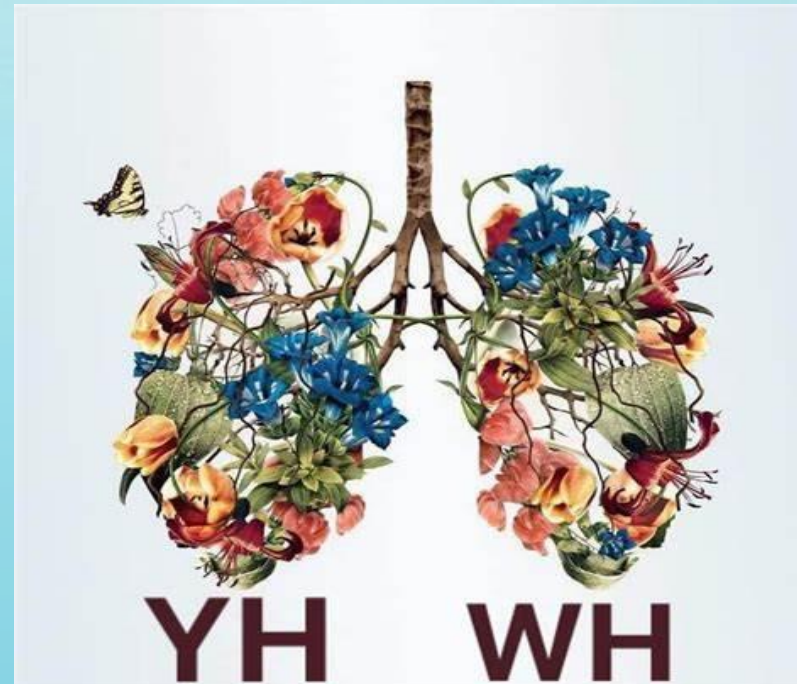
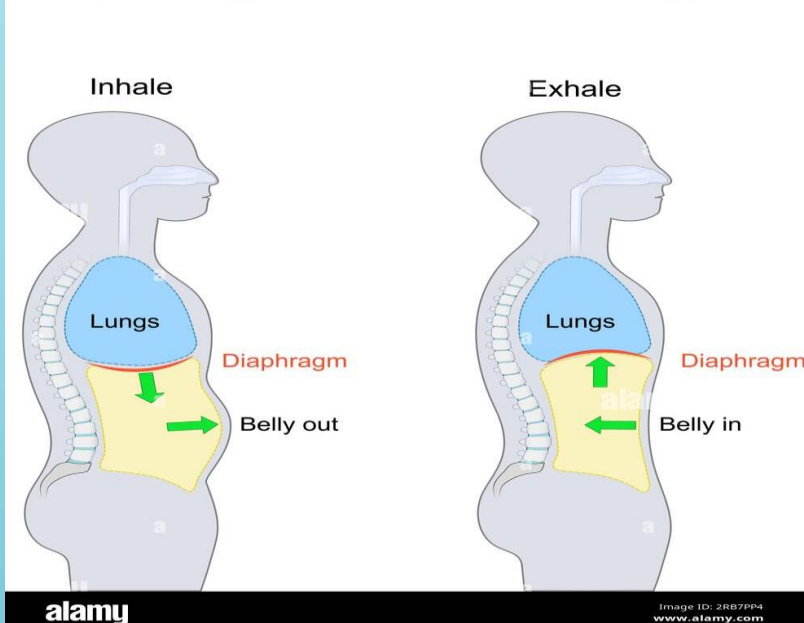
Strategies

- Deep Breathing Strategies
- Guided Imagery
- Progressive Muscle Relaxation
- Mindfulness
- Prayer/Meditation

DEEP BREATHING

- 4-7-8
- Demonstration
- Why it works
- Fight/Flight/Freeze
- YHWH
- Demonstration
- Why it works

Diaphragmatic breathing



Guided Imagery


- Engage your senses
- Name your senses
- Sample Day at the Beach
- Favorite Memory
- Imagery or Feeling Related to God's Comfort, the Peace that Passes Understanding, or Expectations of Afterlife



Progressive Muscle Relaxation

Why it Works

- Breaks the cycle of stress
- Skill helps identify tension
- Teaches to shift to relaxation
- Reduces stress
- Improves sleep
- Improves awareness



1 Tense **face** muscles including forehead, cheeks, mouth, upper neck. Release.

2 Gently **roll head** from side to side, with awareness of the tightening muscles. Release.

3 Tighten **shoulders**. Release.

4 Tense **right arm**, from shoulder to fingers without making a fist or lifting arm off of floor. Tense **left arm**. Release.

5 Gently tense **chest** muscles and abdomen, without holding the breath. Release.

6 Tense **right hip and buttock**. Release.

7 Tense **right leg** down through feet and toes. Release.

8 Tense **left hip and buttock**. Release.

9 Tense **left leg** down through feet and toes. Release.

10 While no longer tensing any muscles, allow **attention** to drift back up through legs, abdomen, chest, arms, and back to the face.

Progressive Muscle Relaxation

Mindfulness

STEPS

- Paying attention to the present
- Staying out of judgement
- Focused awareness to thought or feeling without clinging to it, resisting it, or thinking how to change it
- Gentle acceptance
- Attend to the flow of experiences

BENEFITS

- Reduces stress, worry, rumination
- Helps to feel more grounded
- Increased awareness of how thoughts effect feelings and actions
- Increased focus
- Cultivates calmness in presence of unhelpful thoughts and challenging thoughts (distress tolerance).
- Less reactive and more flexible in approach to life
- Experience improvement in physical health and quality of life

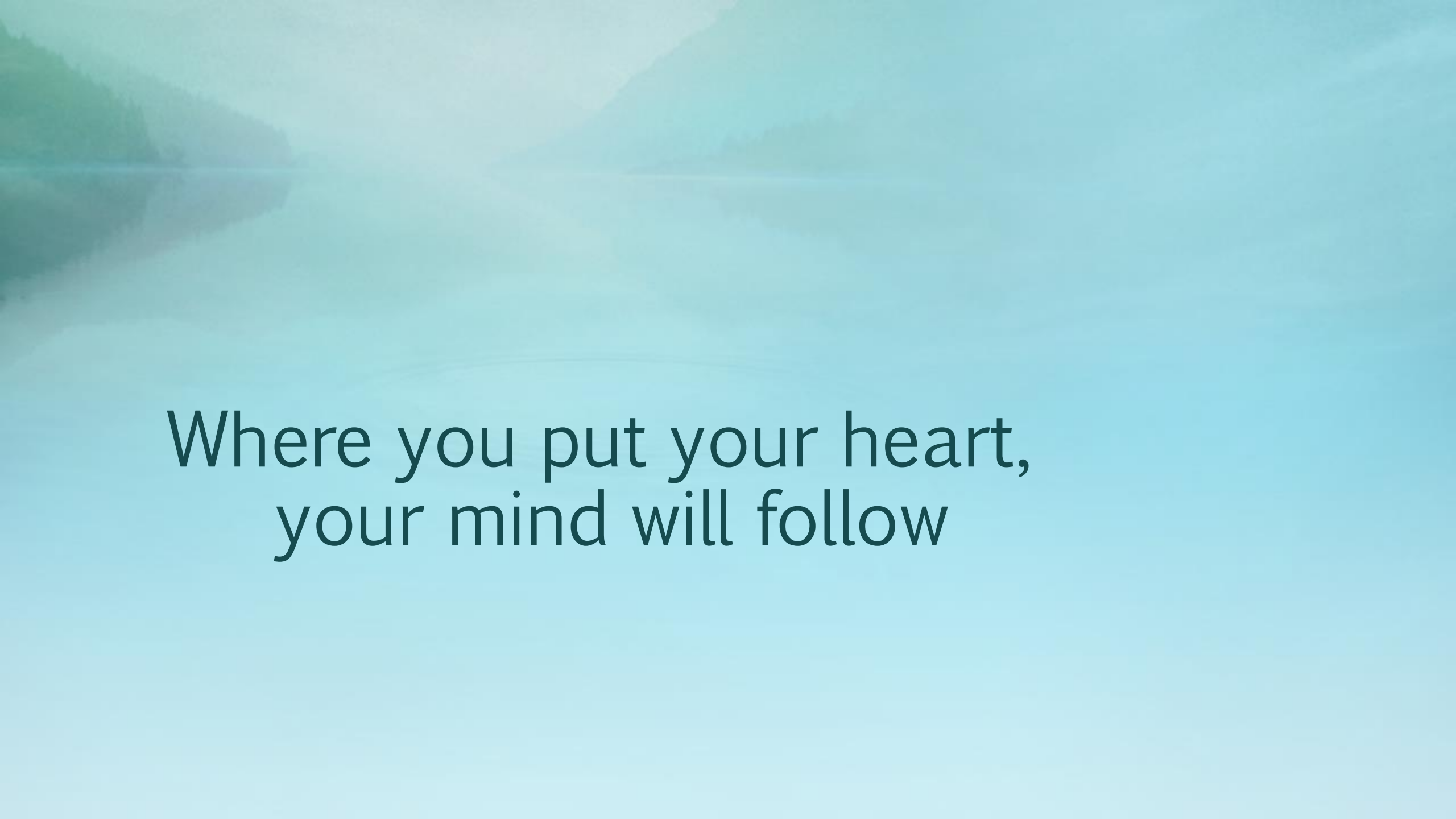
Prayer/Meditation

Prayer

- Improves your relationship with God
- Improves mental health by helping you feel calm, reduce anxiety, and improve mood
- With others increases your sense of community and connection to others
- Gives a sense of purpose
- Forgiveness – letting go

Meditation

- Reduces stress
- Improves mood and emotional regulation
- Increases focus and concentration
- Boosts memory
- Reduces depression and anxiety
- Improves sleep
- Lowers blood pressure

A serene landscape featuring a calm lake that perfectly reflects the surrounding environment. The water is still, creating a mirror-like effect of the lush green mountains and the clear blue sky above. The overall atmosphere is peaceful and tranquil, with soft lighting and a harmonious color palette of greens, blues, and whites.

Where you put your heart,
your mind will follow