RESTING FROM STRESSING WEBINAR

REFERENCES AND RESOURCES

1) **The Social Readjustment Rating Scale** (SRRS) - Stress and Life Events - Causes of Stress (stressmanagement.co.uk)

To complete the test, an individual must add up the Life Change Unit (LCU) points of the events that have occurred in the last 12 months making a total LCU score.

- An LCU score less than 150 = a 35% chance of developing an illness within the next two years.
- An LCU score between 150-300 = a 51% chance.
- An LCU score over 300 = 80% chance of illness developing, which could become a very serious health risk.

2) **Stress on the body** - Think about how stress impacts your body, mind, behaviour and emotions.
Make a list of the symptoms you experience in each of these segments, when you are stressed.

3) **Testing your levels of stress - https://www.psychologistworld.com/stress/stress-test**

4) **Personality Types and Stress -** Psychological analysis

Psychology Hub - Individual differences in stress: personality types A, B and C and associated behaviours; hardiness, including, control, commitment and challenge. - Psychology Hub

Myers Briggs –
MBTI Type and everyday stress | The Myers-Briggs Company

5) Top tips to deal with stress and burnout – Stress | Every Mind Matters | One You (www.nhs.uk)

a) Split up big tasks

If a task seems overwhelming and difficult to start, try breaking it down into easier chunks, and give yourself credit for completing them.

b) Allow yourself some positivity

Take time to think about the good things in your life. Each day, consider what went well and try to list 3 things you're thankful for.

c) Challenge unhelpful thoughts

The way we think affects the way we feel. Watch our video to learn how to challenge unhelpful thoughts.

- Reframing unhelpful thoughts video

d) Be more active

Being active can help you to burn off nervous energy. It will not make your stress disappear, but it can make it less intense.

- Home workout videos

e) Talk to someone

Trusted friends, family and colleagues, or contacting a helpline, can help us when we are struggling. Watch our video for more ideas.

- Social connection video

f) Plan ahead

Planning out any upcoming stressful days or events – a to-do list, the journey you need to do, things you need to take – can really help.

5) **RESEARCH STUDIES**

a) **Nutrition –21 Vegetarian Foods to Reduce your Stress Levels: Eat to Beat Stress! (livewithpossibilities.com)**

b) **Exercice – https://www.gov.uk/government/publications/uk-physical-activity-guidelines**

c) **Water – https://www.nhs.uk/Livewell/Goodfood/Pages/water-drinks.aspx**

d) **Sleep – Stress and Sleep - 10 Tips for Better Rest | Sleep Advisor**

e) **Management of schedules –Reduce Stress With Time Management Strategies (verywellmind.com)**

f) **Nurturing relationships – Helps reduce stress**
https://www.psychologytoday.com/us/blog/how-do-life/201611/relationships-can-reduce-the-effects-stress

g) **Faith - A protective effect during times of stress**
https://www.theosthinktank.co.uk/cmsfiles/archive/files/Reports/Religion%20and%20well-being%208%20combined.pdf

https://www.apa.org/topics/covid-19/faith-crisis

7. Embracing a whole person approach to combat stress
(Excerpts from Restoration Workshops by Sharon Platt-McDonald)

"Come to me, all of you who are weary and loaded down with burdens, and I will give you rest". (Mathew 11:28 *International Standard Version)*

EMOTIONAL/MENTAL

When our minds are at rest, our thought life positively impacts our wellbeing. Try the following.

Action:

- Use affirmations to build positive emotions
- Avoid negative thinking
- Develop thoughts filled with hope
- Think about the past calmly
- Cultivate optimism for the future
- Schedule 'me' time daily

PHYSICAL/ ENVIRONMENTAL

"So, whether you eat or drink, or whatever you do, do all to the glory of God." 1 Corinthians 10:31 (ESV)

Action:

- Eat wholesome food daily, maintaining regular mealtimes 21 Vegetarian Foods to Reduce your Stress Levels: Eat to Beat Stress! (livewithpossibilities.com)
- Undertake daily physical activity (e.g. walking outdoors)
- Maintain 7-9 hours sleep daily
- Ensure home well ventilated
- De-clutter – get rid of excess
- Schedule quiet time each day
- Thank God for the gift of life
- Pray for good health

SOCIAL/RELATIONAL

"There are "friends" who destroy each other, but a real friend sticks closer than a brother." Proverbs 18:24 NLT

Action:

- Connect with someone who you trust and can relate to
- Talk openly with a trusted friend
- Find a good social circle
- Transmit encouragement and hope to others
- Schedule special time for family and friends
- Enjoy fun and relaxing activities / hobbies

SPIRITUAL

"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God?" 1 Corinthians 6:19

Action/reflection:

- Realise that God is interested in you
- Read and reflect on spiritual literature
- Embrace scriptures of promise and God's Word on His intervention in our life
- Take time to pray each day
- Forgive those who have hurt you and ask forgiveness from those you have hurt
- Repeat affirmations that builds faith