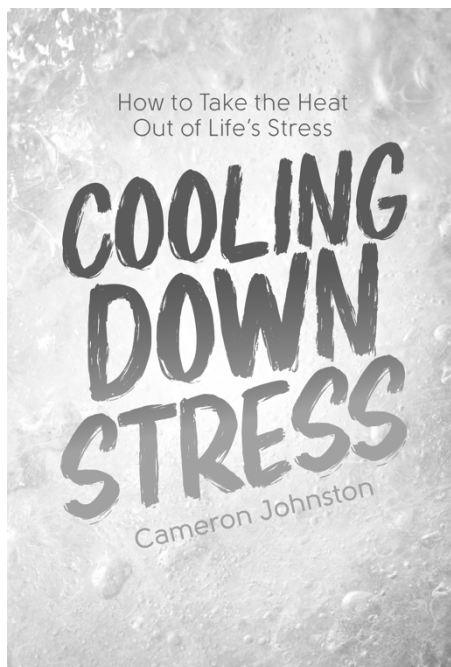




Lecture Notes for Wholeness Stress Management Cooling Down Stress

Stress Management Secrets Everyone Needs to Know.

with Cameron Johnston,
Stress Management and Burnout Coach, Author and International Speaker

The book: *Cooling Down Stress* that will be referenced a number of times in this workshop is available for Kindle on Amazon for \$9.99 or you can purchase a printed edition at any Adventist Book Centre.

The Modern Pressure Cooker

People Problems • Money Problems • Health Problems • Technology • Fear/Anxiety

Our survival depends on how we use the ABC's of stress management

A _____ of major sources of stress and how stress is affecting you

B _____ and flexibility especially regarding change

C _____ using our power of choice

Major Modern Stressors

_____ Overload, now AI • Constant Rapid _____ & Fear

_____ Decisional Overload • TechnoStress and _____

Combination of Multiple Stressors

Who or What Is Heating Up My Stress

My Primary Pressure Points

In My Work Life Are:

1. _____

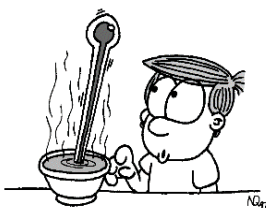
2. _____

My Primary Pressure Points

In My Personal Life Are:

1. _____

2. _____



How Hot Is Your Stress?

The Stress Test • Stress Warning Signals

The Stress Test

One measure of stress that has been used with success in national surveys is the General Well-Being Scale (GWB), designed by the National Center for Health Statistics. A high score on the GWB represents an absence of bad feelings and an expression of positive feelings.

The General Well-Being Scale Instructions: The following questions ask how you feel and how things have been going for you during the past month. For each question, mark an X for the answer that most nearly applies to you. Since there are no right or wrong answers, it's best to answer each question quickly, without pausing too long on any of them.

1. How have you been feeling in general?
 - 5 ☐ In excellent spirits
 - 4 ☐ In very good spirits
 - 3 ☐ In good spirits mostly
 - 2 ☐ I've been up & down in spirits a lot
 - 1 ☐ In low spirits mostly
 - 0 ☐ In very low spirits
 2. Have you been bothered by nervousness or your "nerves"?
 - 0 ☐ Extremely so--to the point where I cannot work or take care of things
 - 1 ☐ Very much so
 - 2 ☐ Quite a bit
 - 3 ☐ Some--enough to bother me
 - 4 ☐ A little
 - 5 ☐ Not at all
 3. Have you been in firm control of your behavior, thoughts, emotions, or feelings?
 - 5 ☐ Yes, definitely so
 - 4 ☐ Yes, for the most part
 - 3 ☐ Generally so
 - 2 ☐ Not too well
 - 1 ☐ No, and I am somewhat disturbed
 - 0 ☐ No, and I am very disturbed
 4. Have you felt so sad, discouraged, or hopeless, or had so many problems, that you wondered if anything was worthwhile?
 - 0 ☐ Extremely so--to the point I have just about given up
 - 1 ☐ Very much so
 - 2 ☐ Quite a bit
 - 3 ☐ Some--enough to bother me
 - 4 ☐ A little bit
 - 5 ☐ Not at all
 5. Have you been under or felt you were under any strain, stress, or pressure?
 - 0 ☐ Yes--almost more than I could bear
 - 1 ☐ Yes--quite a bit of pressure
 - 2 ☐ Yes--some, more than usual
 - 3 ☐ Yes--some, but about usual
 - 4 ☐ Yes--a little
 - 5 ☐ Not at all
 6. How happy, satisfied, or pleased have you been with your personal life?
 - 5 ☐ Extremely happy--couldn't have been more satisfied or pleased
 - 4 ☐ Very happy
 - 3 ☐ Fairly happy
 - 2 ☐ Satisfied--pleased
 - 1 ☐ Somewhat dissatisfied
 - 0 ☐ Very dissatisfied
 7. Have you had reason to wonder if you were losing your mind, or losing control over the way you act, talk, think, feel, or of your memory?
 - 5 ☐ Not at all
 - 4 ☐ Only a little
 - 3 ☐ Some, but not enough to be concerned
 - 2 ☐ Some, and I've been a little concerned
 - 1 ☐ Some, & I am quite concerned
 - 0 ☐ Much, and I'm very concerned
 8. Have you been anxious, worried, or upset?
 - 0 ☐ Extremely so--to the point of being sick, or almost sick
 - 1 ☐ Very much so
 - 2 ☐ Quite a bit
 - 3 ☐ Some--enough to bother me
 - 4 ☐ A little bit
 - 5 ☐ Not at all
 9. Have you been waking up fresh & rested?
 - 5 ☐ Every day
 - 4 ☐ Almost every day
 - 3 ☐ Fairly often
 - 2 ☐ Less than half the time
 - 1 ☐ Rarely
 - 0 ☐ None of the time
 10. Have you been bothered by any illness, bodily disorder, pain, or fears about your health?
 - 0 ☐ All the time
 - 1 ☐ Most of the time
 - 2 ☐ A good bit of the time
 - 3 ☐ Some of the time
 - 4 ☐ A little of the time
 - 5 ☐ None of the time
 11. Has your daily life been full of things that are interesting to you?
 - 5 ☐ All the time
 - 4 ☐ Most of the time
 - 3 ☐ A good bit of the time
 - 2 ☐ Some of the time
 - 1 ☐ A little of the time
 - 0 ☐ None of the time
 12. Have you felt downhearted and blue?
 - 0 ☐ All the time
 - 1 ☐ Most of the time
 - 2 ☐ A good bit of the time
 - 3 ☐ Some of the time
 - 4 ☐ A little of the time
 - 5 ☐ None of the time
 13. Have you been feeling emotionally stable and sure of yourself?
 - 5 ☐ All the time
 - 4 ☐ Most of the time
 - 3 ☐ A good bit of the time
 - 2 ☐ Some of the time
 - 1 ☐ A little of the time
 - 0 ☐ None of the time
 14. Have you felt tired, worn out, used up, or exhausted?
 - 0 ☐ All the time
 - 1 ☐ Most of the time
 - 2 ☐ A good bit of the time
 - 3 ☐ Some of the time
 - 4 ☐ A little of the time
 - 5 ☐ None of the time
- Note:** For each of the four scales below, the words at each end describe opposite feelings. Circle any number along the bar that seems closest to how you have felt generally **during the past month**.
15. How concerned or worried about your health have you been?

Not concerned at all						Very concerned
10	8	6	4	2	0	
 16. How relaxed or tense have you been?

Very relaxed						Very tense
10	8	6	4	2	0	
 17. How much energy, pep, and vitality have you felt?

Very energetic, dynamic						No energy at all, listless
10	8	6	4	2	0	
 18. How depressed or cheerful have you been?

Very cheerful						Very depressed
10	8	6	4	2	0	
- Directions:** Add up all the points you've checked or circled for each question and write here your
- Total Score** _____
- The Stress Test is taken from the book
**Don't Eat The Soup As Hot
As They Cook It!**
By Cameron Johnston

Stress State

1. Indicates Positive Well-being	81-110	5. Indicates Distress	41-55
2. Low Positive Well-Being	76-80	6. Serious	26-40
3. Marginal	71-75	7. Severe	0-25
4. Indicates Stress Problem	56-70		

My Total Stress Score _____

Your score on the stress test is a snapshot of how stress is affecting you right now. **Were you pleasantly or unpleasantly surprised by your score?** Pleasantly surprised means you got a better score than you thought and unpleasantly means the result is lower than you thought it would be. Both results are very important. **If you were pleasantly surprised** then you are managing your stress better than you feel you are. This is good and you need to know that even though you are feeling stressed, in fact, your body is actually managing your stress better than you think or feel. This is good news! **If you were unpleasantly surprised** then your body is feeling the stress more than you think, feel or are aware of and it is very important that you take needed actions to manage your stress better.

A Score of 81-110 — Indicates Positive Well-being — this is good, yet with lower numbers there may be some warning signals

A Score of 76-80 — Indicates Low Positive Well-Being — also good but there can be some serious stress warning signals

A Score of 71-75 — Indicates Marginal Stress — stress is still not a serious problem but there will be some significant warning signals

A Score of 56-70 — Indicates a Stress Problem — here stress is beginning to be a serious negative factor and there will definitely be several stress warning signals in several categories.

A Score of 41-55 — Indicates Distress — here stress is a major negative factor and is likely to be causing serious distress both physically and emotionally. See below for help options for a score below 56

A Score of 26-40 — Serious — at this stage stress is causing serious problems with many stress warning signals probably including depression, fear and unnatural anxiety. See below for help options.

A Score of 0-25 Severe — at this stage it becomes very difficult to function normally and if stress is not addressed quickly can lead to burnout and various stress related illnesses. See below for help options.

A note regarding a stress score below 56 and short and long-term stress, if you have a score below 56, it is very important to determine if the stress is short or long-term. **Short-term stress** is when someone may have a major change at work or even lose their job, contract a major illness plus have a death in the family all within a few weeks on top of all the regular stresses of life. This is all short-term stress and most people can bounce with it for a short time and with some adjustments will get back to normal before long. **Long-term stress** on the other hand is chronic stress that has been going on for months or even years with no end or change in sight. Examples are a chronic illness, a miss match for a job, a toxic relationship, major losses that prolongs the grief process, etc. **Long-term chronic stressors are the most dangerous and need to be addressed.** If there are no immediate solutions then the individual must make sure that they have maximized their coping skills and reserves.

Stress Assessment Tool Number 2 Stress Warning Signals

Stress Warning Signals—are very important because they are your body telling you that stress has become a problem. Understand that the number of stress signals will increase for most people with a lower stress test score but not necessarily. We all respond to stress differently and some people will have 2 or 3 stress warning signals while someone else with the same score will have 10 or 15 or more. **The good news** is that once you resolve the stress all the stress warning signals should disappear whether you have one of a dozen, this includes depression and other symptoms provided they are stress related.

Below check any symptoms unusual for you. They may be an indicator of excessive or unmanaged stress.

Physical Signals	☐ Headaches	☐ Indigestion	☐ Stomach-aches	☐ Sweaty palms	☐ Racing heart
	☐ Sleep difficulties	☐ Dizziness	☐ Back pain	☐ Tight neck, shoulders	☐ Tiredness
Behavioral Signals	☐ Excessive smoking or Alcohol use	☐ Inability to get things done		☐ Compulsive eating	
	☐ Attitude critical of others	☐ Grinding of teeth at night		☐ Bossiness	
Emotional Signals	☐ Unhappiness for no reason	☐ Nervousness, anxiety		☐ Anger	
	☐ Boredom - no meaning	☐ Feeling powerless to change things		☐ Easily upset	
	☐ Edginess - ready to explode	☐ Overwhelming sense of pressure		☐ Crying	
Cognitive Signals	☐ Trouble thinking clearly	☐ Forgetfulness	☐ Lack of creativity	☐ Inability to make decisions	
	☐ Memory loss	☐ Constant worry	☐ Loss of sense of humor	☐ Thoughts of running away	
Relational Signals	☐ Isolation	☐ Lashing out	☐ Lack of intimacy	☐ Intolerance	
	☐ Clamming up	☐ Hiding	☐ Resentment	☐ Mistrust	

8 Ways To Cool Down Stress



Let Stress Sit

Control The Stress Response (Fight or Flight Response)

Wholistic Options – physically, mentally, emotionally, spiritually – **see chapter 3**

- ❶ Call a _____. Hit the pause button!
- ❷ Take 3 deep breaths. Blow on it!
- ❸ Analyse the situation and _____ positively to yourself.
Say: "I can handle this." Ask: "What can I do about this?"
- ❹ Get _____. Ask — "What difference will this make next year?"
- ❺ Beware of _____.

Thin Your Stress

Physical and emotional options – **see chapter 4**

❶ Learn and Utilize the **Relaxation Response**

The relaxation response is an inborn set of physiological changes that offset the fight or flight stress response.

The stress response is _____. The relaxation response is _____.



- ❷ Nurture a strong personal _____ system of family, friends and co-workers including developing, good people skills and adequate communication skills

Not automatic — Takes positive action!

Stir Your Stress

Be Proactive In 2 Vital Areas

Physical options – **see chapter 5**

- ❶ Regular Daily _____ for at least 30 minutes a day and if possible, in the fresh air and sunshine. Benefits include burning off excess stress response hormones, increasing energy levels, improving sleep, etc.
- ❷ Get Adequate _____ an essential stress buffer and healer.
Daily—7-10 hours of sleep (naps as needed)
Weekly—One full day off (sometimes 2 is better)
Yearly—A restful, restorative vacation or several mini-vacations



Play With Your Stress

A Powerful Stress Buffer

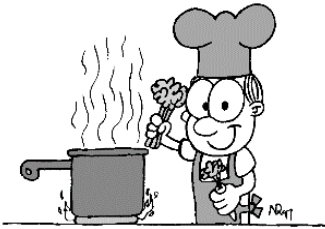
Emotional and fun options – see chapter 6



Research Shows: That people who use humor **suffer less fatigue, tension, anger, depression and confusion** in response to stress.

Plus: Just as the anticipation of stress can trigger the stress response so also **the anticipation of pleasure can trigger a stress buffer.**

The Good News: Humor is not a gift. **It is a learned skill.** which means that **it is totally under your control** and can be perfected through regular repeated use!



Make Sure Your Stress Soup Is Nutritious

see chapter 6

"Seldom has so much been written about so little as in the field of nutrition."

Peter G. Hanson, MD in The Joy of Stress

"A One Sentence University Course in Nutrition:

Eat at the _____ times, a variety of _____ foods in quantities to maintain ideal weight." Dr. John Scharffenberg, Professor of Nutrition Loma Linda University

Eat intelligently for strength and energy and enjoy your food because sometimes

It's not what you eat but what is eating you that will harm you!

Beware Of Poison In Your Stress

Emotional, mental & spiritual options – see chapters 8,13,14,15,16



Resolve _____ Stress which includes:

1. Low Self-Worth
2. Guilt
3. Unnatural Fear and Anxiety
4. Hopelessness and Depression
5. Unresolved Grief
6. Negative Emotions--anger, hostility, hatred, jealousy, revenge
7. Negative Attitudes--pessimism, criticism, cynicism



Give Thanks For Your Stress

Remember **stress is the spice of life** and the only people experiencing no stress are in the cemetery.

Emotional and spiritual options – **see chapter 9**

① Develop the attitude of _____

Recognize that life is a precious gift and is lived best with optimism and thankfulness combined with unselfish caring and sensitivity.

Today I Am Thankful For: 1. _____ 2. _____

② Develop and enjoy your _____. Live your life with purpose and passion, set goals and direction consistent with your walk with Jesus and enjoy the peace of His presence.

A Highly Recommended Resource is the book, ***A Resilient Life*** by Gordon MacDonald

MacDonald says, **Resilient Christians**,

1. Live daily in the _____ of Jesus, praising and thanking God.
2. Daily worship God with Adoration, Exaltation and Service.
3. Constantly fix their eyes on _____. Hebrews 12:1-2
4. Always work and worship with thankfulness and joy.

③ Managing stress in the time of the end is all about trusting Jesus.

Jesus must be #1 in everything! Loyalty to Him is naturally first, last and best!

Discipleship means personal, passionate devotion to a Person— our Lord Jesus Christ.



Eat Your Stress Slowly And Enjoy It!

Use all wholistic options – **see chapter 10**

Slow Down By

- ① Pacing yourself
- ② Ensuring adequate personal down time
- ③ Maintaining life balance

Joy is a _____ that comes easier when you are rested.

102 Practical Ways To Live The 8 Ways To Cool Down The Stress Soup



1. Let the Soup Sit control the stress response

calling a time out	step back and observe
use affirmations	listen to your intuition
take a media fast	avoid perfectionism
cut yourself some slack	know your limits
establish boundaries	fully express yourself
set realistic expectations	talk positively to yourself

2. Thin The Soup with relaxation

take a stretch break often	get a massage
take a hot bath	smell some flowers
listen to peaceful music	have sex
simplify, simplify, simplify	turn off the cell phone
go with your natural rhythms	get out into nature
do deep breathing	work on a hobby
meditate or pray	practice regular relaxation

3. Stir The Soup with regular physical activity

dig in the garden	take a walk
go to a gym	hike in the mountains
take the stairs	work out hard
chop wood	cycle
run or jog	swim
jump for joy	lift weights



4. Play With The Soup with humor

laugh at yourself	see a comedy
have some fun	read a funny book
rent a funny video	celebrate life
enjoy the moment	read the comics
list all your blessings	review blessing list often
don't take yourself or life too seriously	
stay in touch with the child within	

5. Make Sure The Soup Is Nutritious eat for energy and endurance

drink lots of water
 keep refined fats low
 eat lots of fresh fruits
 keep refined sugars low
 avoid overeating
 eat lots of fresh vegetables
 eat some raw food daily
 eat simple plant based foods
 eat sparingly of refined foods
 take a good nutritional supplement

6. Beware Of Poison In The Soup avoid addictions, improve emotional intelligence and resolve deep-seated stress

beware of "quick fixes"	freely forgive
let go of "what if's"	resolve guilt
eliminate destructive self-talk	develop positive relationships
be clear what is expected of you	accept loss and deal with the grief
terminate toxic relationships	refuse to live in the past
expect the unexpected	talk it out with family and co-workers
value yourself; deal with low-self-worth and work off your anger	

7. Give Thanks For The Soup develop an attitude of gratitude and your spirituality

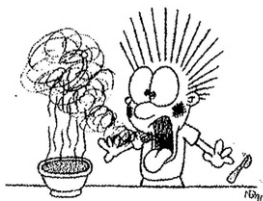
count your blessings	be positive and optimistic
offer thanks	grant grace
pray	let go and let God
don't judge; bless	nurture yourself and others
meditate	visualize positive outcomes
give the benefit of the doubt	love unconditionally
accept unconditionally	be content
read a spiritual book	trust—yourself, others, God

8. Eat The Soup Slowly And Enjoy It! get enough rest and choose joy

schedule play time	get enough sleep
take a nap	take mini-vacations
do your best and then stop	don't overwork
make a done list	just say no
turn off the beeper	turn off the TV
choose joyful living	don't answer phone
simplify holidays (i.e. Christmas, etc.)	

Improving The Recipe For A Better Soup develop a personal action plan

set aside time for planning	take personal responsibility	choose your priorities	review your purpose
get organized	create a budget	ask the experts	throw out the junk
take control of your time	delegate	use time saving technology	don't forget; write it down
use to-do lists	do essential tasks now	prioritize all tasks	plan for free time



What If... You Already Ate Your Stress Too Hot!

Recovery requires all the wholistic options – see chapter 11

Understanding, Avoiding and Recovering From Burnout

Excessive Stress

Overuse of coping capacities
Too much activity and change

Results in...

Fatigue and Mild depression
Physical illness and Reduced mental alertness

versus

Burnout

Depletion of coping reserves
Overwhelmed by life

Results in...

Complete physical and mental exhaustion
Disillusionment, cynicism and self-depreciation

The 7 Stages To Burnout

Stage 1: Enjoying positive stress

The _____ Stage.

A period of high energy and satisfaction. Full of enthusiasm and excitement, you can work hard and long and use up a great amount of energy, but you never feel exhausted, just exhilarated!

Any stress you feel is the type of stress that keeps you sharp, not what wears you down.

Here you begin to develop coping skills for the particular stresses of your life. If successful at work and your abilities are matched to the demands of the job you can stay in the honeymoon for as long as you work. If successful in marriage and you develop caring and understanding interpersonal skills the honeymoon can last for a lifetime.

You can stay in the honeymoon stage indefinitely!



Burnout Caution Signals (The Warning Stages)

Stage 2: The _____ Stage.

You have overdrawn on your energy supply. There is a vague feeling of loss and enthusiasm is gone.

Challenge is replaced by disillusion. There isn't total dissatisfaction. The exhaustion and depression don't last long but neither does that creative burst of energy that once got you through the day.

The result is inefficiency. You accomplish less with poorer quality, i.e. the executive finds it increasingly difficult to make prompt decisions.

Stage 3: The _____ Stage.

A number of stress warning signals begin to appear. It is now more than lack of enthusiasm.

Physical symptoms like headaches, indigestion, sleep difficulties, etc.

Emotional symptoms may be recognizable, nervousness & anxiety for no reason, boredom, edginess, etc.

The body is saying ouch! It is beginning to react negatively to stress and give signals that it needs help.

A good maintenance check now will prevent much grief later.

First Degree Burnout (The Early Stage)

Stage 4: The _____ Symptom Stage.

You are just as tired in the morning as you were the night before. Tiredness turns into chronic exhaustion.

Physical symptoms become more pronounced. You become irritable. Your skin breaks out in hives or eczema. Dizzy spells, shortness of breath, pounding heart, changes in blood pressure may be common.

Psychological symptoms also increase. You are emotionally exhausted and feel drained. You erupt in anger in situations that before would have caused only minor irritation. Depression rolls over you like a tidal wave from which you can't escape.

Get help now! You are in serious trouble and there are still 3 stages to go!



Second Degree Burnout (The Middle Stage)

Stage 5: The _____ Symptom Stage.

Your symptoms become critical. Chronic frustration & dissatisfaction are the rule of the day.

Both physical and psychological symptoms intensify and/or increase in number. You may even visit with a doctor but little is found physically wrong.

You become obsessed with your problems. Fear and depression are constant companions. Action is needed immediately.

Third Degree Burnout (The Final Stages)

Stage 6: The _____ Stage.

Pessimism and cynicism develop with a callous, insensitive disregard for people. Self-doubts and despair permeate your thinking.

You feel like a trapped animal. An "Escape Mentality" develops, I've got to get out of this town, this job, this marriage, etc.

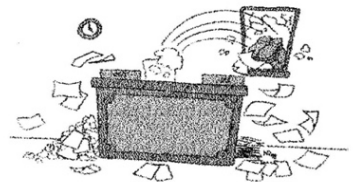
Serious help is needed quickly. Your health physical and mental is in jeopardy.

Stage 7: _____ The Wall

You lose control of your life. You become totally dysfunctional and feel like a total failure.

Hitting the Wall" comes from marathon running. It is the point where the runner experiences a devastating depletion of the muscle fuel known as glycogen. At this point the body becomes dehydrated, body temperature rises to 44-45 degrees C. (106-107 F), and there is loss of blood volume. Muscle paralysis can occur with dizziness, fainting and complete collapse. Runners call this "Hitting the Wall" and it means having to drop out of the race.

When people reach this stage of burnout, their adaptive energy is depleted just like the runner's glycogen. They lose control of their lives and for some it puts an end to their working careers forever. You meet some of these people on skid rows, in prison or mental institutions. Others end their lives in suicide. Now you have a better understanding of why they're there.





Improving The Recipe To Enjoy Your Stress

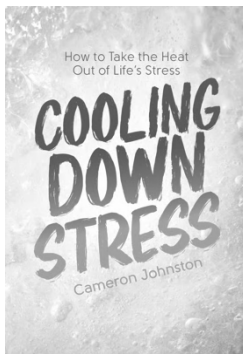
**During The Time of the End While Preparing
and Waiting for the Lord to Return**

Decide On An Action Plan

- ★ Start _____
- ★ Stop _____
- ★ Keep _____

Notes:

Answers:



**Check Adventist Book Centre for Printed
Copies or Amazon for Kindle Online Edition
for these 2 helpful books on managing stress**

Cooling Down Stress
By Cameron Johnston

Cooling Down Teen Stress
by Delight Johnston Chandler and Cameron Johnston

