

# **Fearfully & Wonderfully**

The role of mental health in God's Kingdom

# Stress & Coping

Matthew 11:28

Come to me, all who labor and are heavy laden, and I will give you rest.

# Stress

Stress is a state of mental or emotional **strain** or **tension** resulting from adverse or very demanding circumstances.

**Stress is...**

**PRESSURE**

**to meet**

**EXPECTATIONS**



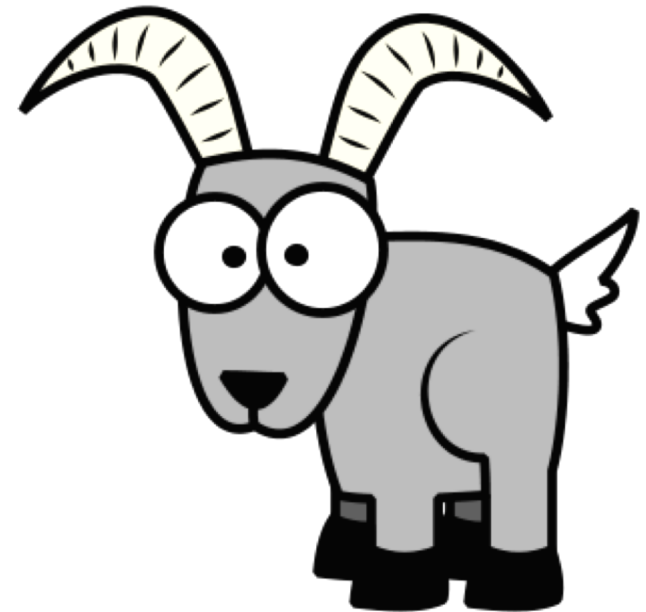
**Stress can be a GOOD thing. . .**

**EUSTRESS**



**Stress can have an ugly side. . .**

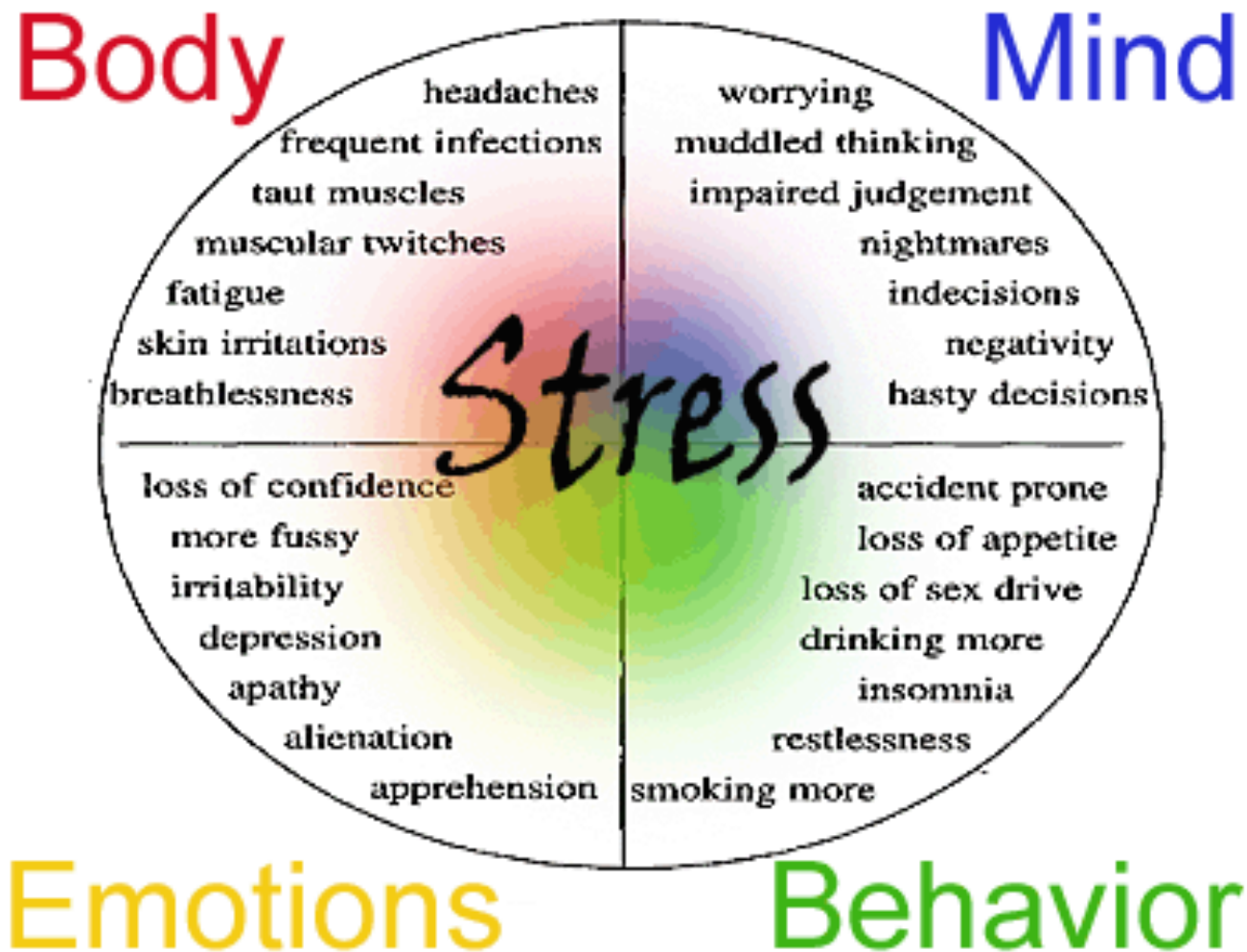
**DISTRESS**



# The Effects of Stress

Murgia, M. Stress Talk

# My stress is causing me STRESS



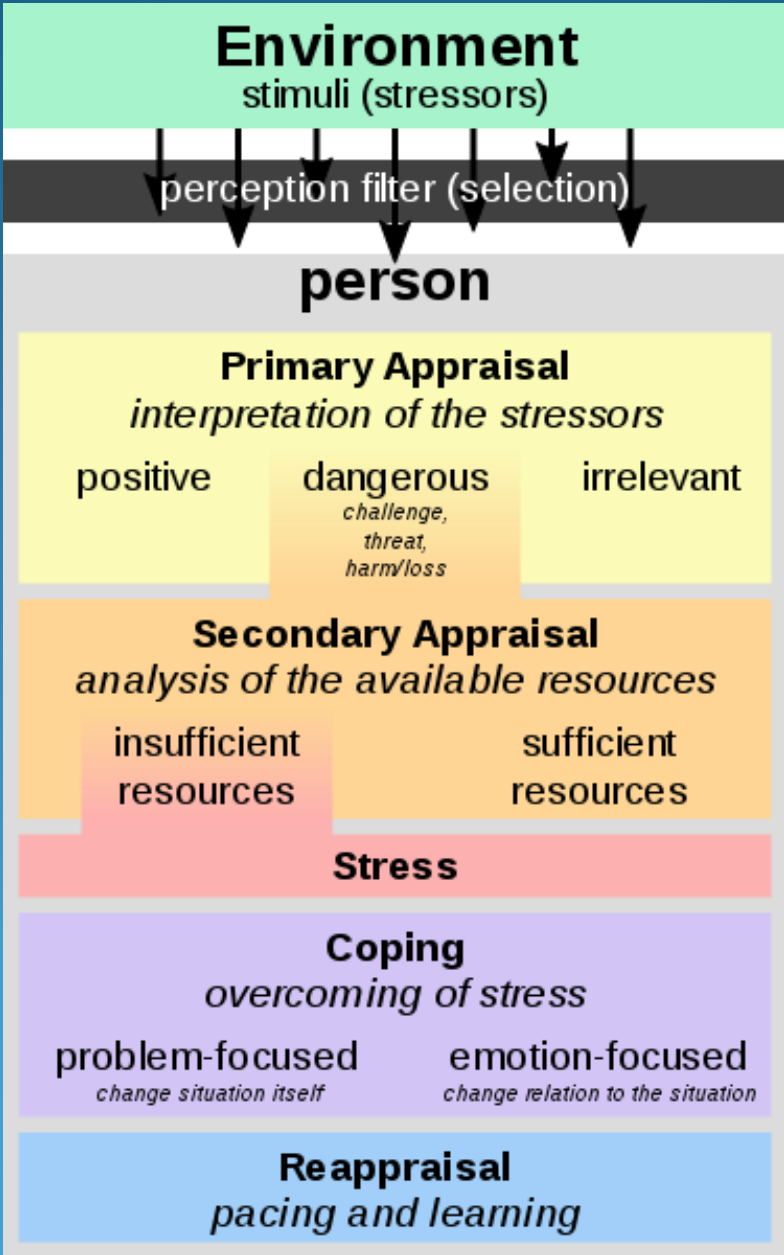
# Coping & Management

## Stress Reduction Kit



### Directions

1. Place kit on FIRM surface
2. Follow directions in circle of kit
3. Repeat step 2 as necessary, or until unconscious
4. If unconscious, cease stress reduction activity



# Cast all your anxieties on Him

- I Peter 5:6-11
  - Humble yourself
  - Talk to your Father
  - Choose wise responses
  - Remember you are not alone
  - Recall God's promises (Ps. 55:22)

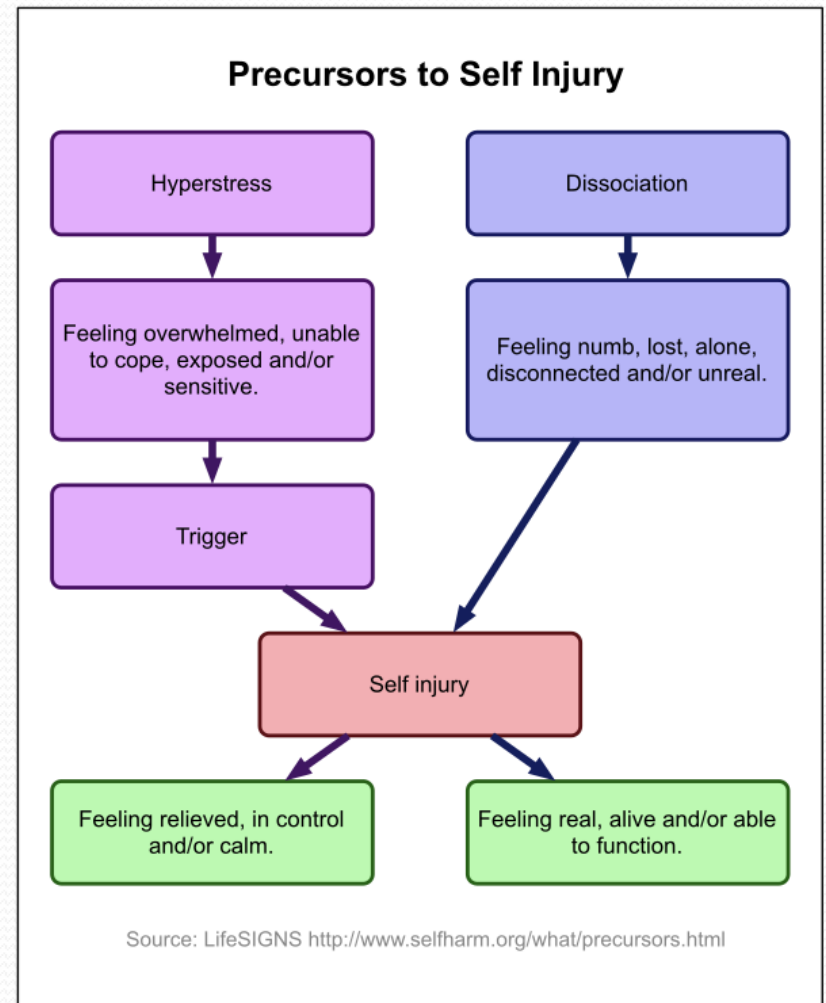


# Unhealthy Coping



# Self-Harm (DSH; NSSI)

- Purposeful destruction of bodily tissue as a means to cope with stress.
- 17% of Adolescents (11-15)
  - (60% female; 40% male)
- NOT attention seeking- provides temporary relief



# How to respond to Self-Harm

- Remain calm and caring
- Accept him or her even if you disagree with the behavior
- Know that this represents a way of dealing with emotional pain
- Listen with compassion
- Avoid panic and overreaction

# How to respond to Self-Harm

- Do not show shock or revulsion at what they've done
- Do not use threats in an attempt to stop the behavior
- Do not allow him or her to recount the self injury experience in detail as it may trigger another session
- Do get appropriate help for him or her from a qualified mental health professional

# Local Resources

- **Focus Treatment Center**

2210 Sutherland Ave

Suite 115

Knoxville, Tennessee 37919

(865) 685-5943

- **The Village Behavioral Health**

2431 Jones Bend Road

Louisville, Tennessee 37777

(855) 801-8212



*The LORD your GOD is in your  
midst,*

*A mighty One who will save.*

*He will rejoice over you with  
gladness,*

*He will quiet you by His love;*

*He will exult over you with loud  
singing.*

*-Zephaniah 3:17*