TOO BLESSED TO BE STRESSED
CONNECTING: FAITH, EMOTIONAL WELL BEING AND PHYSICAL HEALTH

MINISTER, DR. BRENDA RICHARDSON ROWE, LPC-S
HARMONY COUNSELING CENTER
CONCORD CHURCH
LEARNING OBJECTIVES

• Define Spiritual Wellness, Emotional Wellness, and Physical Wellness

• Identify the Six (6) aspects of Spiritual Disciplines

• Identify the Twelve (12) Spiritual Disciplines

• Identity the attributes of emotional health

• Identify the five (5) component’s of physical wellness

• Correlate and analyze the aspects of spiritual, emotional and physical wellness.
SPIRITUAL WELLNESS

Driving force in cultivating peace and hope (Meyers, 2014)
Positive correlation to prayer, meditation, worship, bible study and other spiritual disciplines.
SPIRITUAL DISCIPLINES

Spiritual Disciplines are those practices/habits found in Scripture that promote spiritual growth.

1 Timothy 4:7: discipline yourself for the purpose of godliness
SIX ASPECTS OF SPIRITUAL DISCIPLINES

1) Both personal and interpersonal

2) Activities vs Attitudes

3) Practices taught or modeled in the Bible

4) They are sufficient for knowing and experiencing God and for growing in Christlikeness (2 Timothy 3:16-17)
5. They are derived from the Gospel, not divorced from the gospel.

6. They are a means and not ends
Twelve Spiritual Disciplines
DISCIPLINES OF PERSONAL DEVELOPMENT (INWARD)

• Prayer – communicating with God (Matt. 6:9)
• Meditation – focusing on God and his will (Phil. 4:8)
• Fasting – a reminder of the source of all nourishment (Luke 5:35)
• Study – careful attention to the reality that God reveals to us, especially through Holy Scripture (Luke 2:46)
DISCIPLINES OF SERVICE TO THE BODY OF CHRIST

(OUTWARD)

• Simplicity – seeking God’s Kingdom first (Matt. 6:33)
• Submission – placing God’s will above one’s own (Luke 22:42)
• Solitude – withdrawing from the world to spend time with God (Matt. 14:23)
• Service – supportive action toward others (Mark 10:45)
DISCIPLINES OF SERVICE WITH THE BODY OF CHRIST
(CORPORATE)

• Confession – acknowledging one’s sin with and to others in the community of faith (James 5:16)
• Guidance – giving and receiving direction from others along the journey with Jesus (Acts 15:8)
• Celebration – taking joy is what God has done (1 Cor 5:8)
• Worship – giving God glory through attitudes and actions (1 Cor. 14:26)
WHAT IS EMOTIONAL WELLNESS

Defined by Purdy & Dupey (2005) as “the ability to identify and manage emotions in an appropriate way and the ability to cope with distressful situations and adjust to change.”
WHAT IS EMOTIONAL WELLNESS: CONTINUED

The Counseling field’s idea of emotional wellness is consist of a holistic definition that comprises physical, emotional, intellectual and spiritual components as well as having healthy relationships (Meyers, 2014).
ATTRIBUTES OF EMOTIONAL HEALTH

• Self-aware
• Self-acceptance
• Self-confidence
• Emotionally intelligent
ATTRIBUTES OF EMOTIONAL HEALTH

• Awareness of feelings
• Ability to share feelings
• Ability to recognize problems and solutions
"What really matters for success, character, happiness and life long achievements is a definite set of emotional skills - your EQ - not just purely cognitive abilities that are measured by conventional IQ tests." - Daniel Goleman, Ph.D.
RESILIENCY

• Ability to “bounce back”

• Ability to adjust well over time to:
  
  Trauma
  Adversity
  Tragedy
  Significant Stress
CHARACTERISTICS OF HIGHLY RESILIENT PEOPLE

• Positive attitude
• Optimistic
• Regulated emotions
• Able to view failure as feedback
Positive correlation found between ability to perform physical activity/perceived wellness: Sidman, Abundo and Hritz (2011)
Overall condition of a living organism at a given time. It is the soundness of the body, freedom from disease or abnormality, and the condition of optimal well-being. It is when the body is functioning as it was designed to function.
FIVE COMPONENT'S OF PHYSICAL HEALTH

1) Physical activity - includes strength, flexibility, and endurance
2) Nutrition and diet - includes nutrient intake, fluid intake, and healthy digestion
3) Alcohol and drugs - includes the abstinence from or reduced consumption of these substances
4) Medical self-care - includes addressing minor ailments or injuries and seeking emergency care as necessary
5) Rest and sleep - includes periodic rest and relaxation, along with high quality sleep
PHYSICAL ACTIVITY

• Most healthy children and adults should be active on a daily basis. This should be a mix of both leisurely physical activity and structured exercise.

• Examples of leisurely physical activity include hiking, biking, and walking.

• Examples of more structured forms of exercise include strength training, running, and sports.
NUTRITION AND DIET

• A well-balanced diet should contain carbohydrates, proteins, fats, vitamins, and minerals. Restricting specific nutrients should only be done under the supervision of a licensed health professional.

• Fluid, ideally in the form of clean water, should be regularly consumed.

• Meals and snacks should be consumed throughout the day, and portion sizes should be sensible.
ALCOHOL AND DRUGS

• Substances that alter mood or other bodily processes should be limited or avoided.

• Those with addictive tendencies or other health risks should consider complete abstinence from these substances.
MEDICAL SELF-CARE

• Basic items, such as bandages, lozenges, and over-the-counter pain-relieving medications, should be easily accessible from home.

• Long-term coughing, fevers, or other ailments should be addressed through primary care.

• Emergency treatment should be sought when signs and symptoms are significant or life-threatening.
REST AND SLEEP

• While regular activity is essential for physical health, allowing the body to rest is just as important.

• Spending time relaxing or taking short naps can help rejuvenate the body.

• Sleep should take place in a quiet, dark environment and should last approximately 7-9 hours.

• Consistent sleep that is much shorter or longer than this duration, or is low quality, may need to be addressed by a health professional.
Dr. Brenda Richardson Rowe, LPC-S
Minister of Counseling Concord Church
Director of Counseling Harmony Counseling Center
brichardsonrowe@concorddallas.org
214.751.3932
REFERENCE


• Daniel Goleman, Ph.D.

• GoodTheraphy.com: Testing Service
REFERENCES


REFERENCES


REFERENCES