



# TOO BLESSED TO BE STRESSED

CONNECTING: FAITH, EMOTIONAL WELL BEING AND PHYSICAL HEALTH

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# LEARNING OBJECTIVES

- Define Spiritual Wellness, Emotional Wellness, and Physical Wellness
- Identify the Six (6) aspects of Spiritual Disciplines
- Identify the Twelve (12) Spiritual Disciplines
- Identify the attributes of emotional health
- Identify the five (5) components of physical wellness
- Correlate and analyze the aspects of spiritual, emotional and physical wellness.



A Venn diagram consisting of three overlapping circles. The top circle is brown and labeled 'Mind'. The bottom-left circle is purple and labeled 'Body'. The bottom-right circle is green and labeled 'Soul'. The circles overlap in the center, with the intersection of all three being a dark purple color. The background is a teal-to-blue gradient with white circuit-like patterns in the corners.

Mind

Body

Soul



# 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.

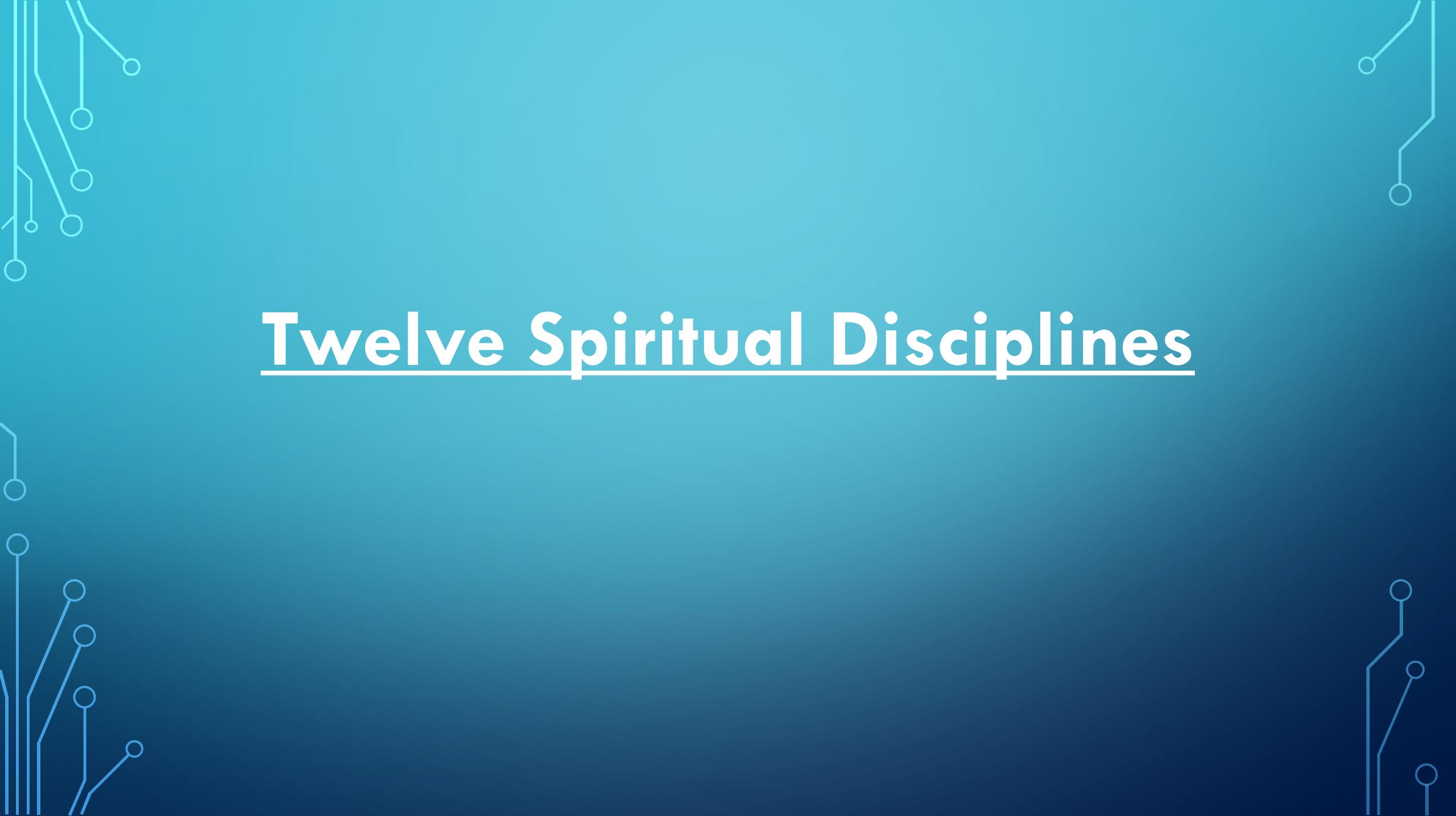
1 Timothy 4:7: discipline yourself for the purpose of godliness

# 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 (2Timothy 3:16-17)

## SIX ASPECTS OF SPIRITUAL DISCIPLINES: CONTINUED

5. They are derived from the Gospel, not divorced from the gospel.
6. They are a means and not ends

The background is a gradient of blue, transitioning from a lighter shade at the top to a darker shade at the bottom. In the four corners, there are decorative white line-art patterns that resemble circuit traces or neural network connections, with small circles at the end of the lines.

# 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 in 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

## EMOTIONAL INTELLIGENCE TEST

"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



# PHYSICAL HEALTH/WELLNESS

Positive correlation found between ability to perform physical activity/perceived wellness: Sidman, Abundo and Hritz (2011)

# PHYSICAL HEALTH

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.

The background is a solid teal color. In the four corners, there are decorative white line-art patterns resembling circuit boards or neural networks, with lines connecting to small circles.

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