Presentations

Health Program: Are You Stressed?

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Sabbath School
Summary
This program will educate the church on the effects of stress and the best ways to manage stress as a Christian. The program also touched stress and its effect on diet and the body.
Program Aim
This program will educate the church on the effects of stress and the best ways to manage stress as a Christian. The program also touched stress and its effect on diet and the body.
Scripture References
1 Peter 5:7
Theme Song(s)
181 Does Jesus Care?
Program Audience
ALL
Preparations and resources

Preferably a health professional to present the programs

Power Point Presentation here: Are you Stressed?

Opening Remarks

Happy Sabbath, everyone. How was your week? Was it stressful?

Everyone feels stressed from time to time. But what is stress? How does stress affect your health? And what can you do about it?

Stress is how the brain and body respond to any demand. Every type of demand or stressor—such as exercise, work, school, major life changes, or traumatic events—can be stressful.

There are different types of stress—all of which carry physical and mental health risks. A stressor may be a one time or short term or long term occurrence,

Examples of stress include:

◉Routine stress related to the pressures of work, school, family, and other daily responsibilities

◉ Stress brought about by a sudden negative change, such as losing a job, divorce, or illness

◉ Traumatic stress experienced in an event like a major accident, war, assault, or a natural disaster where people may be in danger of being seriously hurt or killed.

Stress is de]\]fined In a medical or biological context; stress is a physical, mental, or emotional factor that causes bodily or mental tension. Stresses can be external (from the environment, psychological, or social situations) or internal (illness, or from a medical procedure).

Stay tuned throughout today’s program as we talk about stress restoration and its impact on our health and well-being.

Welcome

Scripture Reading and Prayer

1 Peter 5:7

Opening Song

181 Does Jesus Care

Main Feature

Presentation:

Click here for the power point presentation

Special Music

Lesson Study

Closing Remarks

Brothers and sisters God has asked us to cast all our cares on Him because he cares for us. We are admonished to be anxious about nothing but to use prayer as our weapon to go boldly before the throne of grace.

Each person should:

◉ Recognize the Signs of your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, and having low energy.

◉ Talk to Your Doctor or Health Care Provider. Get proper health care for existing or new health problems.

◉ Get Regular Exercise. Just 30 minutes per day of walking can help boost your mood and reduce stress.

◉ Try a Relaxing Activity. Explore stress coping programs, which may incorporate prayer or other gentle exercises. For some stress-related conditions, these approaches are used in addition to other forms of treatment—regular schedule times for these and other healthy and relaxing activities.

If you're overwhelmed by stress, go to God in prayer but also ask for help from a health professional. You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope or are using drugs or alcohol to cope. Your doctor may be able to provide a recommendation. You can find resources to help you find a mental health provider. Call the National Suicide Prevention Lifeline

Anyone experiencing severe or long-term; unrelenting stress can become overwhelmed. If you or a loved one is having thoughts of suicide, call the National Suicide Prevention Lifeline.

Tags
Stress
Health
Health Message

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Comments

GADA UDIAH (not verified), Aug 23 2020 - 10:30am
I enjoy reading this program, because it uplift my spiritual standard. More so, my knowledge of health reform is improving

- Reply

Lynne Villa (not verified), Sep 04 2020 - 5:24pm

Thank you for sharing this Sabbath School program. It really really reminds us how we overcome stress.

- Reply

Wontwoni jommy (not verified), Nov 28 2020 - 11:25am
Very educative

- Reply

Marie C Thelusma (not verified), Dec 11 2020 - 7:15pm
What a great topic!! very appropriate for this time. It was informative and well developed.

- Reply

Permalink

Sonia (not verified), Jan 07 2021 - 5:42pm
Great program

- Reply

Carolyn Burton (not verified), Feb 10 2021 - 11:33pm
Lovely

- Reply

??????? ????? (not verified), Apr 18 2021 - 7:15pm
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- Reply

Shiela (not verified), Jan 03 2022 - 4:55pm
Thank you so much for these programs

- Reply

Wilfred (not verified), Jul 14 2023 - 3:59am
Thank you so much and God bless

- Reply

Carmen (not verified), Oct 18 2023 - 8:10am
Thank you so much for these programs. Very informative and inspiring.

- Reply

Rochelle Terry (not verified), Jan 10 2024 - 3:05pm
Just what I needed this time of the year while preparing for Sabbath School

- Reply

Anonymous (not verified), May 16 2024 - 2:49pm
Thanks much for this program

- Reply

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