



## Healthy Practices | Week 6: Mind

### Identifying & Approaching Stress Points

This is a step-by-step guide to identifying and approaching your specific stress points and responses. The awareness you gain and the planning you articulate from this exercise can help you engage in healthier habits as you move forward.

#### 1. Identifying Stress Points

Use this chart to identify specific stress points that you recognize at different times in your day:

Days/Times	Morning	Midday	Afternoon	Evening
Sunday	- -	- -	- -	- -
Monday	- -	- -	- -	- -
Tuesday	- -	- -	- -	- -
Wednesday	- -	- -	- -	- -
Thursday	- -	- -	- -	- -
Friday	- -	- -	- -	- -
Saturday	- -	- -	- -	- -

#### 2. Discerning Stress Points

From the chart above, transfer the most difficult stress points here:

-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-

#### 3. Mitigating (lessening) Stress Points

Which above stress points can be mitigated? What is my plan?

*Ex: Stress Point: Mass transit is unpredictable, I am late to work | Plan: Leave an additional 10 minutes early*

Stress Point 1:	Plan:	Stress Point 4:	Plan:
Stress Point 2:	Plan:	Stress Point 5:	Plan:
Stress Point 3:	Plan:	Stress Point 6:	Plan:



#### 4. Eliminating Stress Points

Which above stress points can be eliminated? What is my plan?

*Ex: Stress Point: My budget is maxed out | Plan: Go through expenses, cancel unnecessary subscriptions or choose cheaper options (call your phone/internet company and inquire about discounts)*

Stress Point 1:	Plan:	Stress Point 3:	Plan:
Stress Point 2:	Plan:	Stress Point 4:	Plan:

#### 5. Identifying Coping Strategies for Stress Points

While it's important to assess and address which stress points can be mitigated or eliminated, some stress points will inevitably remain.

Ask yourself: *How am I currently handling the stress points? What is my coping response?*

*Ex: Stress Point: My boss stresses me out | Coping Response: Zone out on my phone for hours*

Stress Point 1:	Coping Response:	Stress Point 3:	Coping Response:
Stress Point 2:	Coping Response:	Stress Point 4:	Coping Response:

#### 6. Assessing Coping Responses

Funnel your answers from #5 through these questions:

Which coping responses from above would I categorize as "healthy"?
Which coping responses from above would I categorize as "bordering on healthy" or "sometimes healthy if engaged within limits"?
Which coping responses from above would I categorize as "unhealthy"?
<b>Assess your answers above:</b> (1) Which responses should end? (2) Which responses should be "tweaked"? (3) Which responses should be kept?

#### 7. Implementing Healthy Stress Management Strategies

Use this list and/or work with a counselor/therapist *to find strategies that work best for you.*

*"In response to ongoing stress points, I will engage in...:"*

Exercise	Deep breathing	Yoga	Journaling
Talking w/a safe friend	Art or music therapy	Rest/Downtime	Eating a healthy meal
Prayer	Positive affirmations	Reading	Silence/Pause
Body Movement	Grounding techniques	Scripture	Add your own: _____

#### 8. Adding prayer to this exercise:

Ask the Lord to meet you as you assess your stress points; ask God to help you process as you write. And ask God to give you his strength as you move forward, engaging with healthier practices.



## Healthy Practices for Children | Week 6: Mind

### Considering Worries

#### Say this to your child:

God loves you so much that he wants you to talk to him about every worry you ever have.

#### Questions to help facilitate conversation with your child:

What is one worry you have?

Do you know you can talk to God about anything?

Do you know the Bible tells us God wants to know about all of your worries?

Will you please tell me when you feel worried so we can pray together?

#### Lead your child with this prayer prompt:

“God, thank you for loving me so much you want to know everything about me. Thank you for always being there so I can talk to you when I am feeling worried about someone or something. God, will you help me believe that you will take care of me and everything I feel worried about? Thank you, Lord.”

#### Read this verse to your child:

*Give all your worries to God because he cares about you.. -1 Peter 5:7 NLT Simplified*

#### In the box below, draw a picture of what you imagined when you heard that Bible verse: