

# Stress-less



## Lesson 1: Creating a Stress-less Lifestyle

**Stress** – a temporary state of mental, emotional, or physical pressure, and unrest caused by a multitude of outside sources.

**Overstressed** – an extended state of mental, emotional, or physical pressure, and unrest caused by a multitude of outside sources.

**Americans who say they are under constant stress**  
(American Institute of Stress, 2013)

77%

**Short-term psychological symptoms people experience when overstressed**  
(American Psychological Association, American Institute of Stress, 2013)

Irritability or anger	50%
Feeling nervous	45%
Lack of energy	45%
Feel like crying	35%

**Short-term physical symptoms people experience when overstressed**  
(American Psychological Association, American Institute of Stress, 2013)

Fatigue	51%
Headache	44%
Upset stomach	34%
Muscle tension	30%
Change in appetite	23%

Teeth Grinding	17%
Change in sex drive	15%
Feeling dizzy	13%

### **Long-term effects people experience when overstressed according to newest studies**

- 75 to 90% of all doctor's office visits are for stress-related ailments, *Mayo Clinic Study*
- Destroys and weakens your immune system, *Carnegie Mellon University Study*
- Increased risk of all Chronic Diseases, *Pennsylvania State University Study*
- Fuels Cancer growth, *Wake Forest University Study*
- Raises Stroke Risk, published in: *Journal of Neurology, Neurosurgery, and Psychiatry*

### **Long-term effects people experience when overstressed according to newest studies**

- 27% higher risk of heart attack-same effect as smoking 5 cigarettes a day, *Columbia University Study*
- Damages from stress can pass on to your children through birth, *University of Cambridge Study*
- Shrinks the size of your brain, *Yale University Study*
- 50% higher chance of an emotional disorder, *Mayo Clinic Study*

### **How 30 Minutes of Exercise Relieves Stress and Anxiety**

- Burns away the damaging chemicals released when you're under stress
  - o Cortisol and Norepinephrine
- Releases stress fighting chemicals
  - o Endorphins (morphine-like hormones that are responsible for the feeling of elation)
  - o Dopamine
  - o Serotonin
- Clears the mind, allowing a fresh approach to perplexing and stressful problems

What I want to cover in Stress-less

Lesson 1: Creating a Stress-less Lifestyle

Lesson 2: Creating a Stress-less Marriage

Lesson 3: Creating Stress-less Finances

**You have to do-less to be stress-less**

### 1. Less Daily Activity

#### Understanding Mandatory Activities

“The most important thing in life is knowing the most important things in life.”

**Bible’s top priorities list**

God, Mate, Children, Work, Family & Friends, Taking Day Off

*Proverbs 22:6* **Train** a child in the way he [should] go; and, even when old, he will not swerve from it *Complete Jewish Bible*

**Train:** This Hebrew words means to permeate, infuse, saturate, impregnate.

It paints the picture of a piece of cloth being soaked in a dye until every fiber is saturated with the new color.

It carries the thought of repetitive actions that causes a lifestyle to become part of the very fibers of a child

It happens through the daily routines of life, the question is what dye are you permeating into their fibers?

**A few Sabbath rules found in the Talmud**

1. Not allowed to take a bath on the Sabbath
2. Not allowed to move a chair in your house

3. Women not allowed to look in a mirror
4. Place food at the 2,999 foot mark from their home

*Mark 2:23* One Sabbath day as Jesus was walking through some grain fields, his disciples began breaking off heads of grain to eat. *24* But the Pharisees said to Jesus, “Look, why are they breaking the law by harvesting grain on the Sabbath?” *New Living Translation-SE*

*Mark 2:25* Jesus said to them, “Haven’t you ever read in the Scriptures what David did when he and his companions were hungry? *26* He went into the house of God (during the days when Abiathar was high priest) and broke the law by eating the sacred loaves of bread that only the priests are allowed to eat. He also gave some to his companions.” *New Living Translation-SE*

*Mark 2:27* Then Jesus said to them, “**The Sabbath was made to meet the needs of people**, and not people to meet the requirements of the Sabbath. *28* So the Son of Man is Lord, even over the Sabbath!” *New Living Translation-SE*

**You have to do-less to be stress-less**

1. Less Daily Activity

Understanding Mandatory Activities  
Understanding Schedule Space

*Mark 6:31* Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves **to a quiet place** and get some **rest**.” *New International Version*