

**This Mess is
Stressed but
I'm Still Blessed**

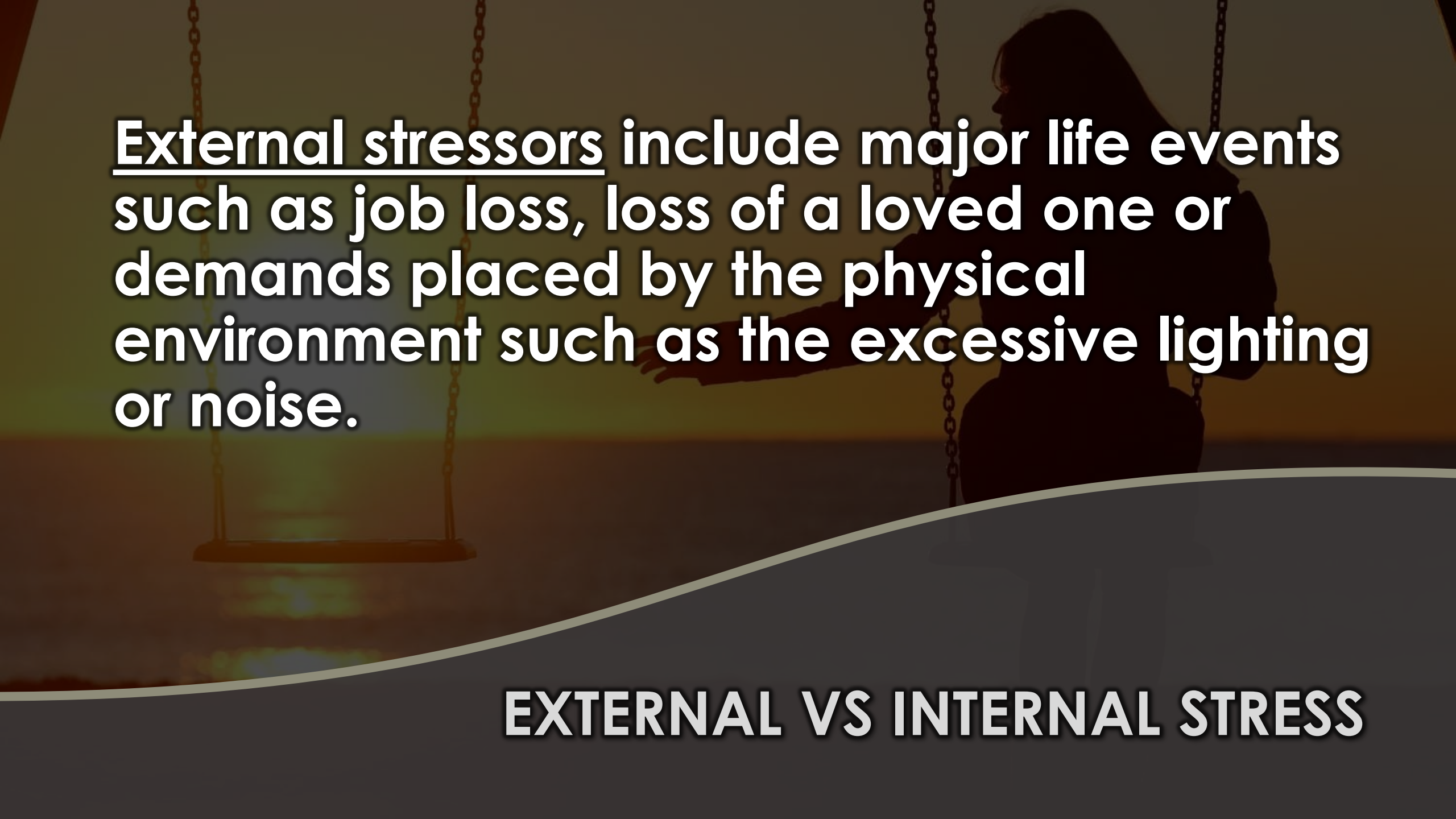


DISTRESS VS EUSTRESS



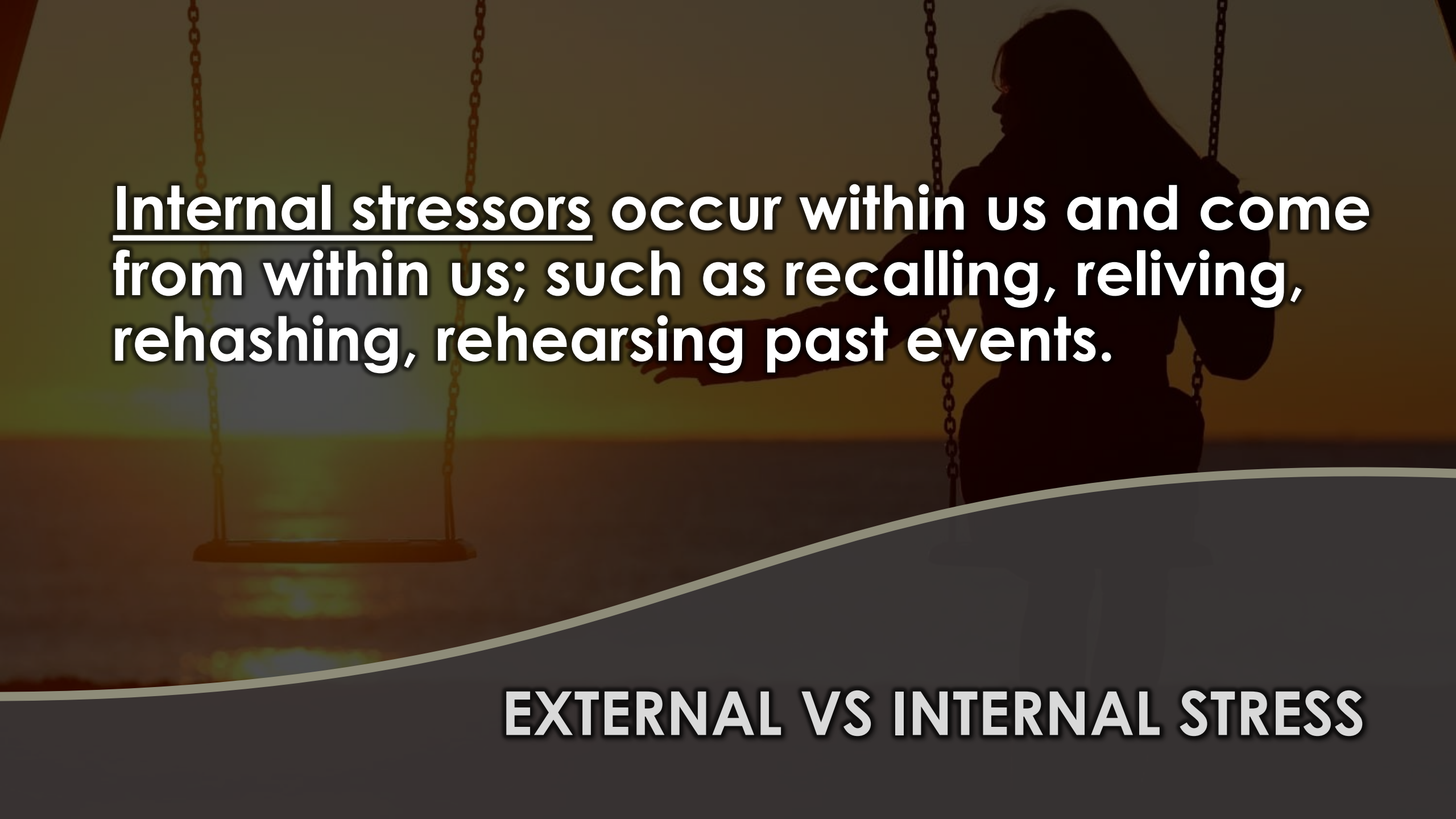


EXTERNAL VS INTERNAL STRESS

A silhouette of a person sitting on a swing set against a sunset background. The person is on the right side of the frame, and the swing set is on the left. The background is a warm, orange and yellow sunset over a body of water. The text is overlaid on the image in a white, bold, sans-serif font.

External stressors include major life events such as job loss, loss of a loved one or demands placed by the physical environment such as the excessive lighting or noise.

EXTERNAL VS INTERNAL STRESS



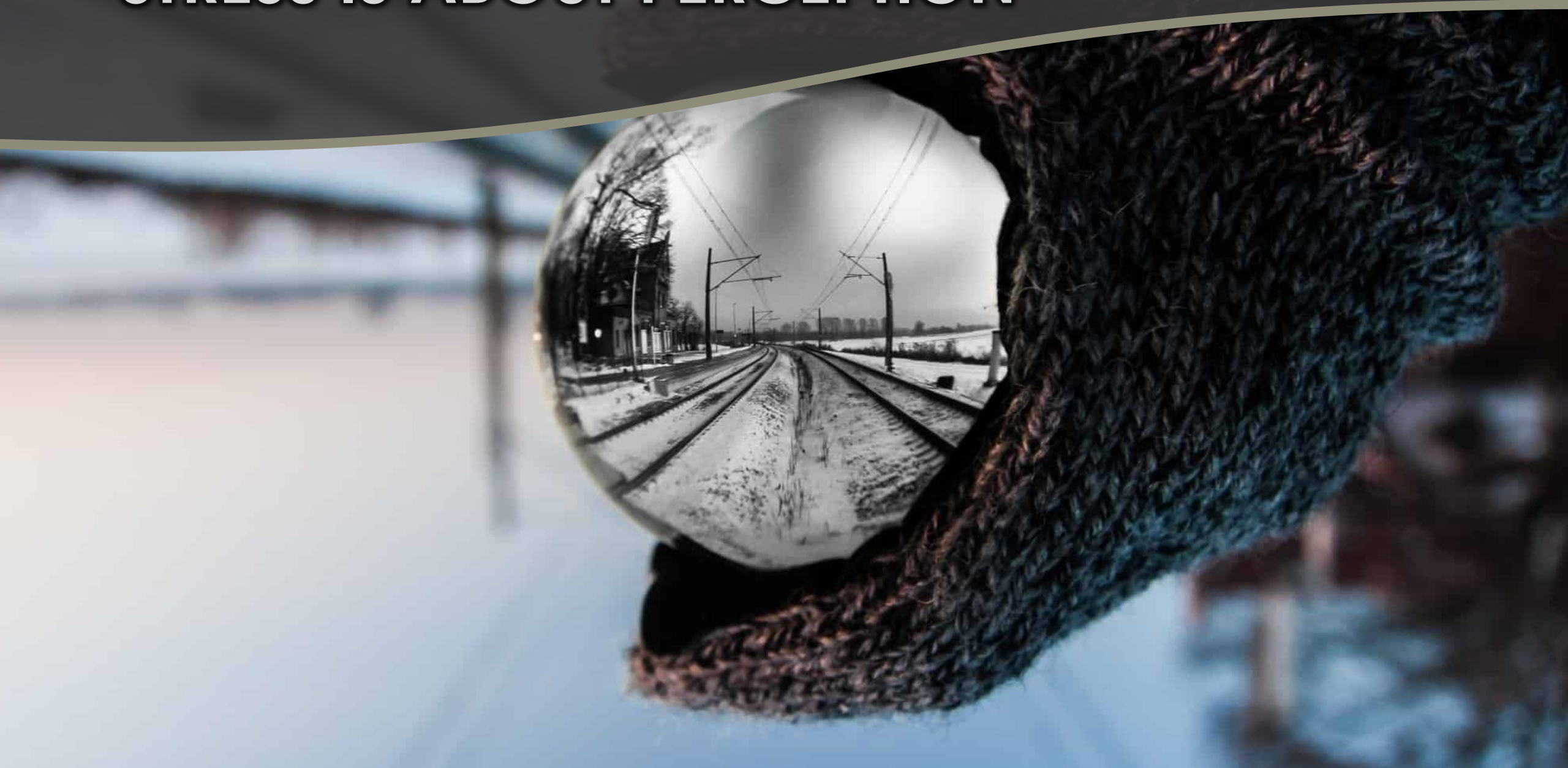
Internal stressors occur within us and come from within us; such as recalling, reliving, rehashing, rehearsing past events.

EXTERNAL VS INTERNAL STRESS



IMAGINED STRESS

STRESS IS ABOUT PERCEPTION



HOW TO REDUCE STRESS



Improve Communication

A photograph of three women in a professional setting. One woman with short grey hair is in the center, looking down at a document. To her left, a woman with long brown hair is partially visible, also looking at the document. To her right, a woman with long brown hair and a blue blazer is looking towards the center woman. The background is a blurred office environment with a computer monitor and a plant.

HOW TO REDUCE STRESS

So then, my beloved
brethren, let every man be
swift to hear, slow to
speak, slow to wrath

James 1:19

Death and life are the power of the tongue, And those who live it will eat its fruit.

Proverbs 18:21

But I say to you that for every idle word men may speak, they will give an account of it in the day of judgment.

Matthew 12:36

He who answers a matter
before he hears it, It is folly
and shame to him.

Proverbs 18:13

Let the words of my mouth
and the meditation of my
heart Be acceptable in
Your sight, O Lord, my
strength and my
Redeemer.

Psalm 19:14

Let your speech always,
be with grace, seasoned
with salt, that you may
know how you ought to
answer each one.

Colossians 4:6

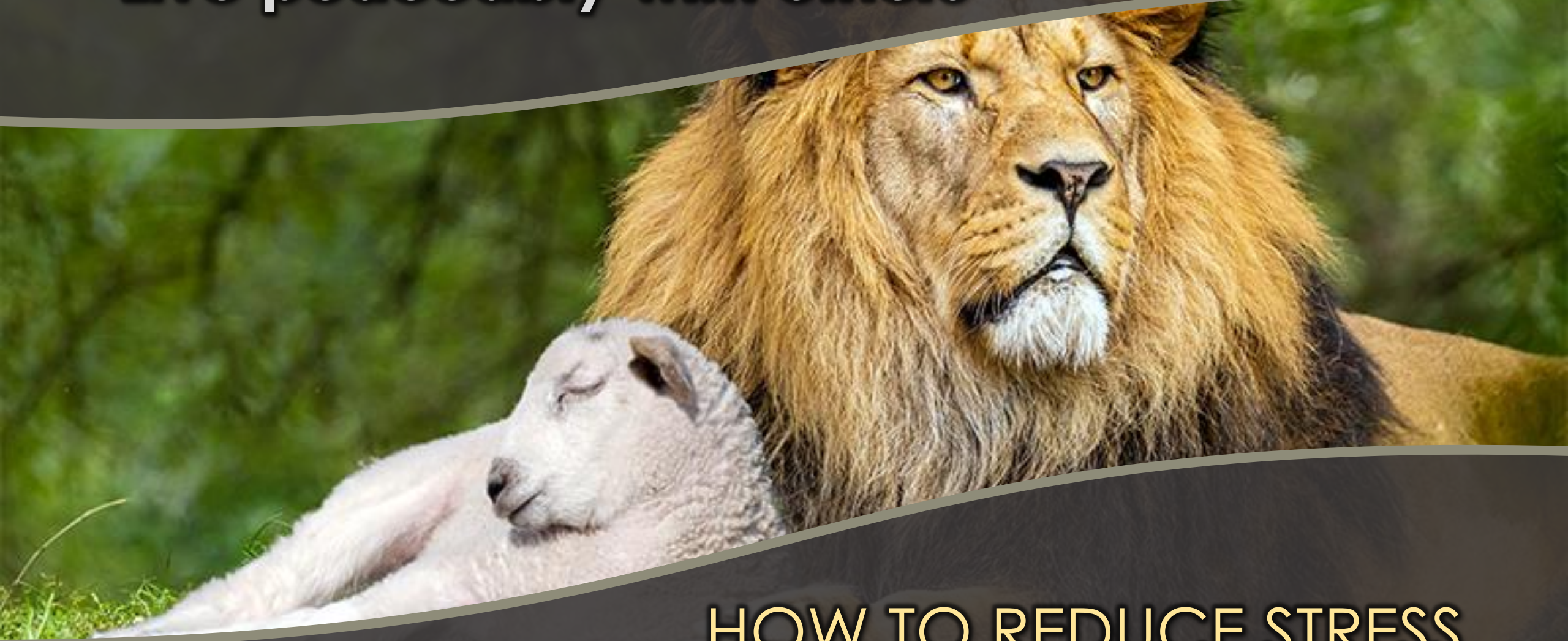
**A soft answer turns away
wrath, But a harsh word
stirs up anger.**

Proverbs 15:1

But shun profane and idle babblings, for they will increase to more ungodliness.

2 Timothy 2:16

Live peaceably with others



HOW TO REDUCE STRESS

If it is possible, as much as depends on you, live peaceably with all men.

Romans 12:18

But Jesus looked at them and said to them, "With men this is impossible, but with God all things are possible."

Matthew 19:26

For we all stumble in many things. If anyone does not stumble in word, he is a perfect man, able also to bridle the whole body.

James 3:2

Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead.

Philippians 3:13

Improve your overall health



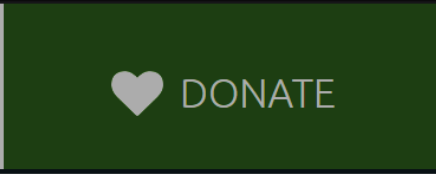
HOW TO REDUCE STRESS

Nutrition





MENU



Research has increasingly demonstrated the many ways in which vegan diets can improve a person's physical health. This study, published in *Nutritional Neuroscience*, offers the first large-scale investigation of how vegan supplements, lifestyle activities, demographics, and levels of anxiety, stress, and depression. The results showed that overall, vegans, and to a lesser extent vegetarians, reported less stress and anxiety than omnivores. More specifically, male vegans and vegetarians reported significantly lower anxiety scores than did male omnivores, and female vegans reported significantly lower stress scores than did female omnivores. Depression levels were similar across all groups.

The authors note that the results build on those from their previous study showing that vegetarian Seventh Day Adventists had lower incidences of mood-related issues than non-vegetarians, as well as their study indicating that removing meat from the diets of omnivores leads to short term improvements in mood.

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Results There were 568 COVID-19 cases and 2316 controls. Among the 568 cases, 138 individuals had moderate-to-severe COVID-19 severity whereas 430 individuals had very mild to mild COVID-19 severity. After adjusting for important confounders, participants who reported following 'plant-based diets' and 'plant-based diets or pescatarian diets' had 73% (OR 0.27, 95% CI 0.10 to 0.81) and 59% (OR 0.41, 95% CI 0.17 to 0.99) lower odds of moderate-to-severe COVID-19 severity, respectively, compared with participants who did not follow these diets. Compared with participants who reported following 'plant-based diets', those who reported following 'low carbohydrate, high protein diets' had greater odds of moderate-to-severe COVID-19 (OR 3.86, 95% CI 1.13 to 13.24). No association was observed between self-reported diets and COVID-19 infection or duration.

Conclusion In six countries, plant-based diets or pescatarian diets were associated with lower odds of moderate-to-severe COVID-19. These dietary patterns may be considered for protection against severe COVID-19.

Rapid Responses

Article metrics

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Abstract
Background Several studies have hypothesised that dietary habits may play an important role in COVID-19 infection, severity of symptoms, and duration of illness. However, no previous studies have investigated the association between dietary patterns and COVID-19

XML

Exercise



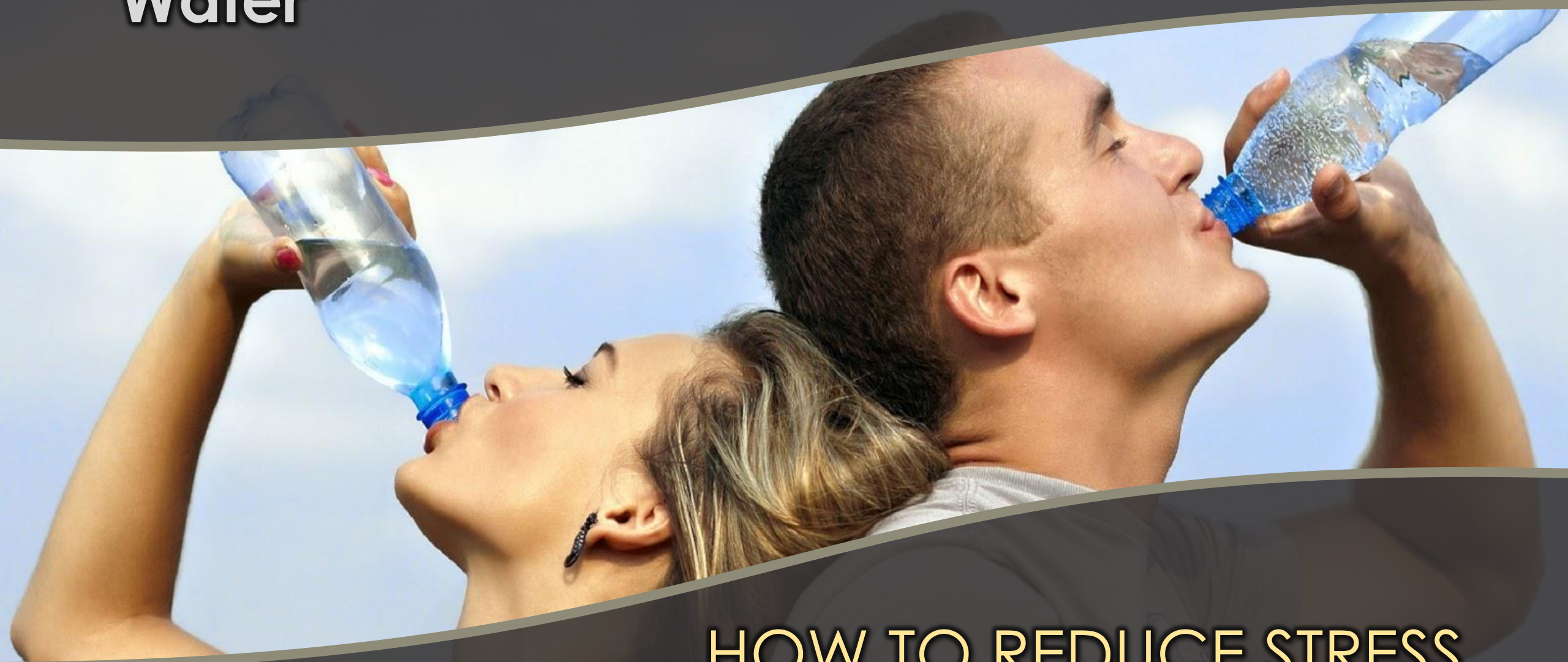
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HOW TO REDUCE STRESS

Do you know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it.

1 Corinthians 9:24

Water



HOW TO REDUCE STRESS



Sections

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It's human nature to reach for sugar, carbohydrates or caffeine when

It's human nature to reach for sugar, carbohydrates or caffeine when lacking energy or feeling anxious. "When we feel stressed, we seek foods that are going to comfort us immediately, but often those foods lead to surges and crashes in hormones and blood sugar that increase our susceptibility to new stresses," says David Ludwig, a professor of pediatrics and nutrition at Harvard University and a researcher at Boston Children's Hospital.

produce insulin to decrease the blood sugar. This dramatic drop from high to low blood sugar triggers our bodies to release the stress hormones cortisol and adrenaline. Children, already anxious about their homework, do not need additional stress hormones.

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It's human nature to reach for sugar, carbohydrates or caffeine when lacking energy or feeling anxious. "When we feel stressed, we seek foods that are going to comfort us immediately, but often those foods lead to surges and crashes in hormones and blood sugar that increase our



Caffeine, one of the more common substances people rely on for energy, does its job by blocking a chemical that calms the brain. When this chemical is blocked, stress hormones increase, often exacerbating existing anxiety.

Sugar is another substance that triggers the hormone surges and crashes that Ludwig describes. When processed sugar enters the body, it rushes into the bloodstream, giving us the desired blast of energy, but then our bodies produce insulin to decrease the blood sugar. This dramatic drop from high to low blood sugar triggers our bodies to release the stress hormones cortisol and adrenaline. Children, already anxious about their homework, do not need additional stress hormones.



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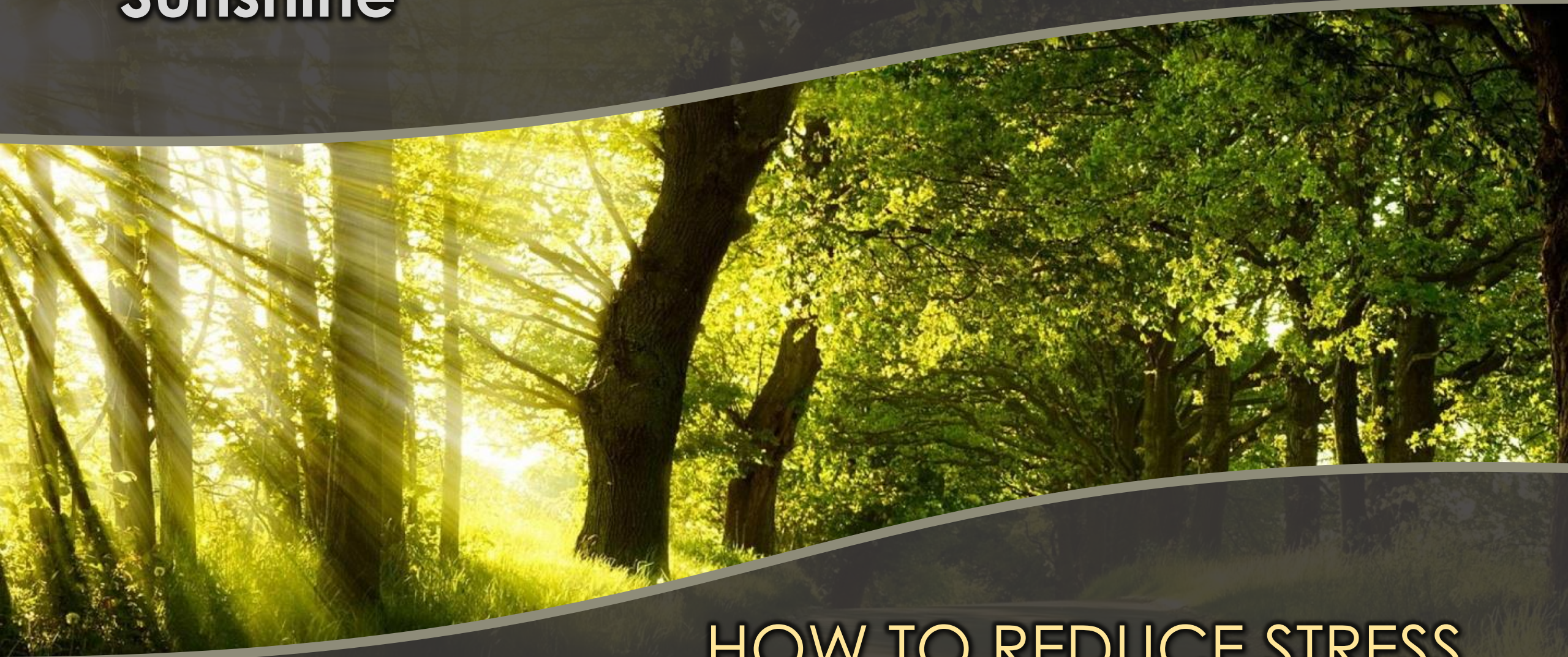
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Sunshine



HOW TO REDUCE STRESS

and physical health by altering the body's serotonin and vitamin D levels.

Email Address

* indicates re

Sunlight increases the brain's release of serotonin, a hormone that is associated with mood boosting and

Without enough sun exposure, your body is unable to produce as much serotonin and can lead to depressive symptoms. This is most common in the winter and is known as seasonal affective disorder (SAD), in which a person experiences symptoms of depression due to a lack of sunlight-induced serotonin. However, full remission is experienced in patients during the spring and summer months due to the increase in sunlight exposure because the body is able to compensate by increasing serotonin levels.

UV rays are also absorbed by many molecules called chromophores in different layers of skin that have mood-boosting effects. They stimulate epidermal cells known as keratinocytes to make beta-endorphins, whose primary function is to reduce stress.

Overall, exposure to sunlight can have many positive effects on our bodies and minds, especially in terms of regulating stress and happiness. Therefore, try to get out and enjoy the sunshine when it breaks through the clouds in the coming days!

Overall, exposure to sunlight can have many positive effects on our bodies and minds, especially in terms of regulating stress and happiness. Therefore, try to get out and enjoy the sunshine when it breaks through the clouds in the coming days!

Concerned about what it's like to quarantine in Dower? Check out our article about testing positive for COVID-19 while at Wellesley. Article by Ann Zhao and Renée Remsburg. thewellesleynews.com/2022/01/19/wel...

Temperance: To be self-controlled



HOW TO REDUCE STRESS

And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown

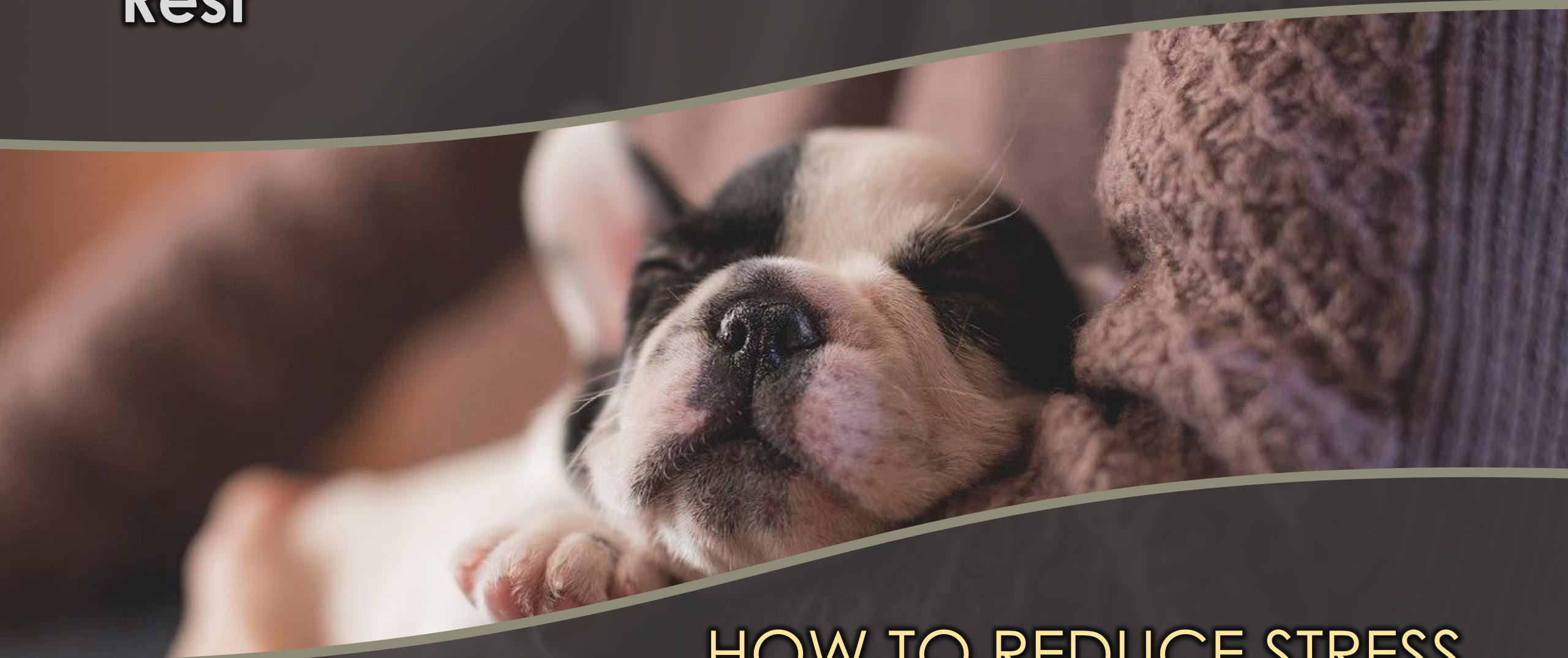
1 Corinthians 9:25

Air



HOW TO REDUCE STRESS

Rest



HOW TO REDUCE STRESS

For if Joshua (**Jesus**) had given them rest, then He would not have afterward spoken of another day.

Hebrews 4:8

There remains therefore a rest for the people of God.

Hebrews 4:9

For he who has entered His rest has himself also ceased from his work as God did from His.

Hebrews 4:10

Let us therefore be diligent
to enter that rest, lest
anyone fall according to the
same example of
disobedience.

Hebrews 4:11

Trust



HOW TO REDUCE STRESS

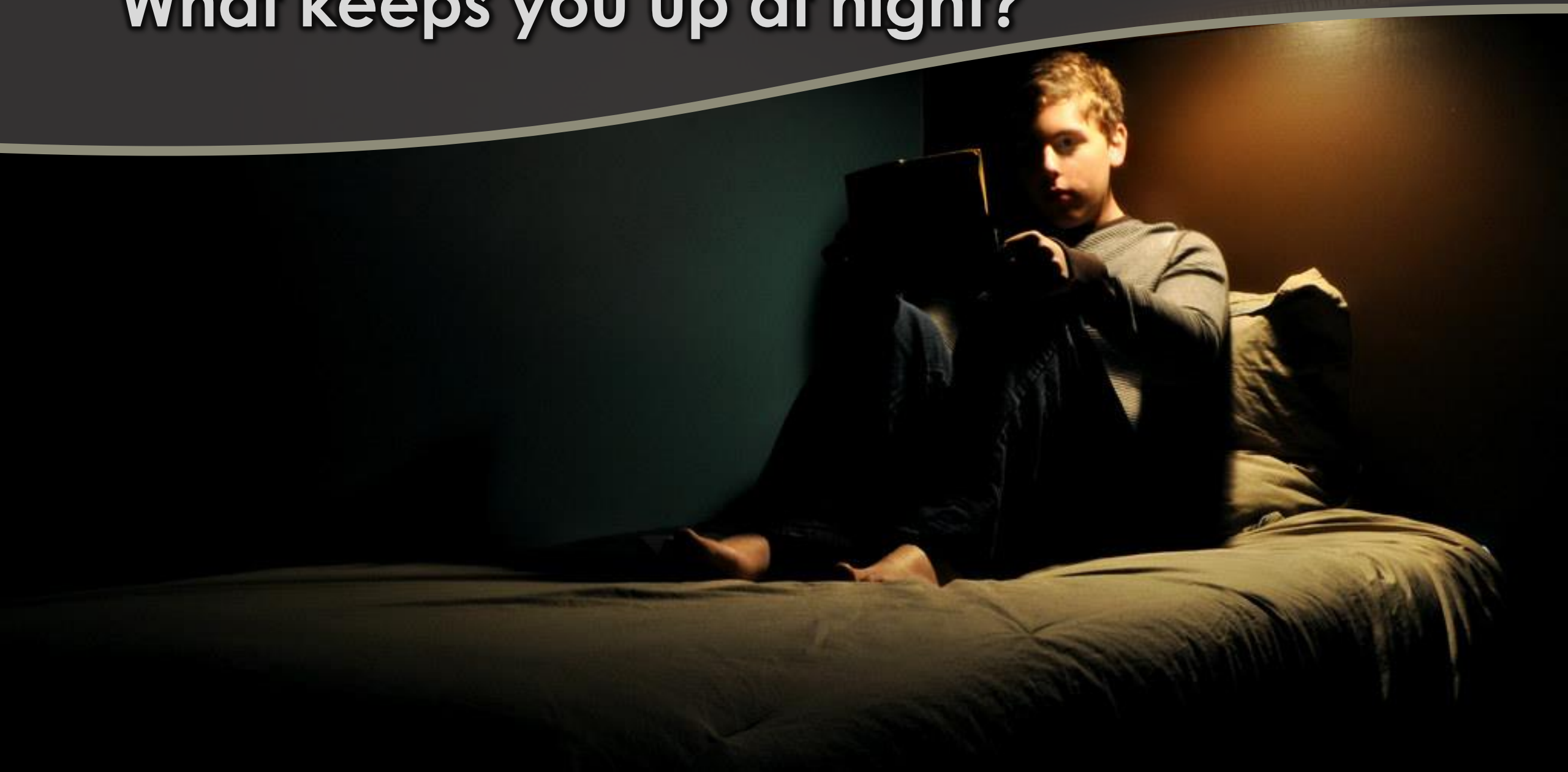
Trust in the Lord with all
you heart, And lean not on
your own understanding;

Proverbs 3:5

In all your ways
acknowledge Him, And
He shall direct your paths.

Proverbs 3:6

What keeps you up at night?



Live a life of prayer



HOW TO REDUCE STRESS

An Abraham called the name of the place, The-Lord-Will-Provide; as it is said to this day, "In the Mount of the Lord it shall be provided."

Genesis 22:14

Control the thoughts

Jesus

HOW TO REDUCE STRESS

Finally, brethren, whatever things are true,
whatever things are noble, whatever things
are just, whatever things are pure,
whatever things are lovely, whatever
things are of good report, if there is any
virtue and if there is anything
praiseworthy- meditate on these things

Philippians 4:8

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