1. What is stress? 
Stress is the body's physiological reaction to change.

2. Stress Management: “The art of claiming our divinely given agency over the physical, mental, emotional, spiritual and social aspects of our lives.” – Kevin R. Miller

3. The Lord's Position: “Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.” John 14:27, see also: Mosiah 4:27, DC 10:4

4. Eight Stress Erasers: (as shown on my wheel with Mindset in center)
Biofeedback, Humor, Meditation, Spiritual Nourishment, Deep Breathing, Yoga/Stretching, Relaxation Exercises, Physical Exercise/Rest

5. Stress and Food
- For short term, intense stress: citrus fruits, or other sources of vitamin C. For ongoing stress: protein (lean meat, fish, chicken, nuts, etc), calcium (milk, yogurt, cheese, etc.) and potassium (fruits and vegetables).
- During stress: carbohydrates can calm your nerves. Avoid candy and cookies. Better choices include pasta, yogurt, popcorn and nuts. Deep fried foods take a lot of energy to digest, leaving our bodies tired. Drink plenty of water or water with tasty detox additives (such as Refresh from Eexcel International.)

6. Other Resources: Music: Baroque music has proven good effects (Relax to the Classics CD set), Colors: forest green, earth tones; Smells: Citrus, Chamomile and Lavender oils, Exercise: 30 minutes a day three times a week will give you 80% of the available benefits of exercise! Biodots and other Resources: www.stressstop.com or Biodot International 800-272-2340

Wednesday: Joy-IN: The Art of Finding Joy in Everyday Life

1. Joy is the purpose of life: Joy is a fundamental purpose of life…and of organizations: “. . . Men are, that they might have joy.” – 2 Nephi 2:25

2. Where Joy Comes from:
Joy is not in things, it is in us. We are hardwired for joy and are meant to find joy in everyday living. Joy is not having what you want, it is wanting what you have! “...a mans’ life consisteth not in the abundance of the things which he possesseseth.” – Luke 12:15

“We cannot simply enjoy life more by accruing more goods and goodies. Just as the float in a toilet tank rises with the water level to seal off incoming water and prevent overflow, our expectations seem to float upon our rising prosperity and shut down our pleasure with each step we take.” Wanting More: Finding Joy in the Age of Addiction by Dr. Mark Chamberlain

3. Sensitivity brings Joy
“The sweetest fruit of disciplined attending: the increase it brings in our capacity for enjoyment. Those who develop a heightened sense of awareness are no longer as dependent on their environment for pleasure. For them, thrills can come not only from amusement-park intensity but from the sublime beauty of a tree, a simple melody, or a bird flying overhead.—Dr. Mark Chamberlain, Ibid.

4. Joy is in Relationships, Not Things “We have an incredible and almost unlimited ability to observe things about other people. This capacity is innate, but we are free to take it in the direction we choose. What a shame if we use our observational power to discover and dwell on what is wrong with them, criticizing and cataloging their faults. What a shame when, in truth, we are equally able to adopt an attitude of delighting in others and the many things we are able to notice about them.” --Dr. Mark Chamberlain, Ibid.

5. Tools and Tips from This Workshop:
- Use the joy list we created in class and do five of them every single day!
- Instead of acting immediately on your urges to buy, keep a wish list and buy only those items that have been on the list for a month.
- Teach your children where joy comes from: See Teaching Children Joy, by Richard and Linda Eyre.
Thursday: Born Free: Managing Personal Time

1. Can We Really Manage Time? Time is unique among life’s resources because we cannot create it, and all people have exactly the same amount of time: 10,080 minutes a week, 24/7, 365 days a year. See – 2 Nephi 9:50–51 “Jesus also taught us how important it is to use our time wisely. This does not mean there can never be any leisure, for there must be time for contemplation and for renewal…Wise time management is really the wise management of ourselves.” – President Spencer W. Kimball

2. Four steps to life (time) management:

- Know Thyself: Know who you are, how you want to live, what you want to become and what you want to have accomplished or be remembered for by: Defining your Mission, Clarifying your Values and Beginning with the End in Mind. See Personal Mission Statement Builder found at www.franklincovey.com/

- Manage Self: Based on your understanding of your values and what time is, plan, organize and act in ways that allow you to move toward your goals, manage your activities and develop important relationships. “To thine own self be true.” Be committed to beliefs and values; Decide to use time effectively, “Nothing is as worthless as doing efficiently what should not be done at all.” –Dr. Peter F. Drucker. Establish priorities and set goals, anticipate and plan for changes and exceptions; celebrate success!

- Use Tools and Methods: Choose tools that will help you achieve your goals and make your life more pleasant. Select tools and methods that work for you; identify time wasters; learn to say “no”; delegate; prioritize your activities; discover and use resources; remember the 80/20 Rule: 20% of what you do gets you 80% of what you want. Make a “big rocks” model to remind you!

- Check Results: It is worthwhile to occasionally stop and ask yourself “how am I doing? What am I doing well? What do I need to do differently to use my time well?” Look at the results you are getting from the way you utilize your time. How are your relationships with others as you strive to use your time well? If you are satisfied, celebrate! Continue doing what works.

Friday: Living a Balanced Life

1. What is a balanced life? Symptoms Are: Success in things that matter; confidence, poise and peace; sufficient time and you meet goals; people trust you; role model to others.

2. Obstacles to Living a Balanced life: Fatigue, lack of physical fitness; inability to organize time and to prioritize tasks; other people’s demands on me or my perception of their demands; relationship problems; need for spiritual strength; mental fatigue.

3. Three Pronged Approach to Balancing Life:

Prong One: Keep a “Reality Check” on your expectations and what Heavenly Father (not others) expect of you: “Anyone who imagines bliss is normal is going to waste a lot of time running around shouting that he’s been robbed. The fact is that most putts don’t drop, most beef is tough, most children grow up to be just people, most successful marriages require a high degree of mutual toleration; most jobs are more often dull than otherwise. Life is like an old time rail journey…delays, sidetracks, smoke, dust, cinders, and jolts: interspersed only occasionally by beautiful vistas and thrilling bursts of speed. The trick is to thank the Lord for letting you have the ride.” – Quoted by President Gordon B. Hinckley, from a column by Jenkins Lloyd Jones

“it may be just as dangerous to exceed orthodoxy as it is to fall short of it. The safety and happiness we are promised lies in keeping the commandments, not in discounting or multiplying them.” --Elder Dallin H. Oaks, “Our Strengths Can Become Our Downfall,” Ensign, Oct. 1994, p. 11. This is an excellent article on not going overboard in any area, or any doctrine.

Prong Two: Obtain More Energy and Follow Christ’s Example: Christ is the way! I am come that they might have life, and that they might have it more abundantly. – John 10:10 Increase your energy through exercise, drinking plenty of water, eating right, managing stress.

Prong Three: Balance the Four Kinds of Energy: Physical, Mental, Emotional, Spiritual: