



Seventh-day Adventist® Church  
NORTH AMERICAN DIVISION

HEALTH MINISTRIES

## Connecting for Health. Connecting for Life.

### Back to Stress

Stress. You know it's there. Maybe it's creeping around the corner. Or maybe it feels like you are wrestling in the dark with it now! This time of year often brings a certain experience of stress to our lives as we go back to school, back to work, and back to the plethora of Fall activities. Why is it that we can feel overwhelmed?

You may have heard of "good" stress, called eustress, which helps to grow our skills and abilities in response to a new experience or working on a tight deadline for an important project. Starting a new school or job and making new friends are some examples. But stress can also become "bad" when we are not equipped to handle the pressures. Perhaps there are too many things coming at you all at once -- loss of a loved one, financial burdens, moving, troubles at church, a health problem, etc. These can be overwhelming to any one of us and lead us to experience "distress." Over time, we can start to experience negative impacts in our physical, mental, emotional, social, and even spiritual health.

Here are some coping strategies to help you face these situations. First, acknowledge the situation. Ignoring it won't make it go away. In fact, it could just get worse. But claiming the situation, such as "I feel overwhelmed," or "I am drowning in this situation," or "this is too much for me," is a healthy way to recognize your own humanity. We can then allow ourselves to seek help, which is the next step.

Realizing our need leads us to remember that we have an Anchor that we can call upon in the midst of all our troubles. Our Lord says, "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28). There is joy and calmness when we focus on our Lord and Savior. He is willing to take our burdens and give us inner strength and peace.



And even though He may not take us out of the storm, or cool the fiery furnace, He promises to be with us in our time of need. Take some time to read promises in the Bible and then write out some of the frustrations as well as the blessings in your life.

With your faith firmly planted on Christ, now you can do something about your stress. There is a lot of room for personalization in this area. Your situation and needs and opportunities will be different from others. But there's one thing that we all can do -- MOVE! Exercise is known to improve our stress response. Aerobic activity for 20 minutes (brisk walking, swimming, running, cycling, etc) can have a calming effect for several hours in part due to the production of the brain neurotransmitters called dopamine and serotonin. Endorphins, known as "feel good" hormones, are also produced by your body when you exercise. If you have a disability or limitation, you can find ways to move, such as chair exercises or stretching while laying down. Take it easy and slowly build up as your body gets stronger.

Do you wonder if your stress requires professional help? Take a free online quiz linked on the right for a simple way to screen your stress level. We also hope you will join us for this year's **Made to Move Challenge**, which includes a special Sabbath program and virtual 5k on September 17 and 18. **We were Made to Move.** It is one of God's gifts to give us hope, health and healing.



Stress  
Assessment  
Quiz

Click here to gain access to our stress survey and receive a personalized stress score!

### A Sweet, Heat-Beating Treat!

Mango - Orange Gelato  
By Gemalli Austin, DrPH, RD

[nadhealth.org/recipes](https://nadhealth.org/recipes)



Hold on to every last bit of the summer with this delicious gelato.

Click to get the recipe!

# TOGETHER IN MISSION



## Made to Move Sabbath

Plan a special Sabbath service on September 17, 2022 to share God's plan for our mental wellness through movement! Specially prepared sermon is available for your church service. Then spend some time in the great outdoors in the afternoon. [Learn More](#).



## Made to Move Virtual 5k

On Sunday, September 18, 2022, join runners, walkers, and movers from across North America in a virtual 5K designed to energize, encourage, and remind ourselves AND our community that we are MADE TO MOVE! [Learn more](#).



## Video Nuggets

We are thrilled to share these mental health self-care videos with you. These brief, 3 - 5 minute videos identify some simple ways to destress and "rest awhile." Use them during church services, at special events or meetings, or share them on your social media. [Learn more](#)



## Health & Wellness Coaching

Become a member of the Adventist Association of Health & Wellness Coaching (AAHWC). Membership is on a 2-year cycle, and we invite you to join us now. We also have opportunities for you to be a part of the leadership team, so please contact us with your interest. [Learn More](#)

# UPCOMING EVENTS

## [Made to Move Challenge Sabbath & Virtual 5K](#)

Join us September 17-26 for the 3rd annual Made to Move Challenge! Organize an event for your church and community to be active and healthy.

## [Journey to Wholeness Facilitator Training](#)

**In-Person Training**  
November 11-13, Adventist Recovery Ministries is pleased to invite you to attend our next facilitator training on the campus of Andrews University.

## [2023 Health Summit In-Person Event](#)

The 2023 Health Summit will be April 2 - 8 in Lexington, KY! Mark this on your calendar so that you don't miss out!

# September is National Suicide Prevention Month

**988**  
SUICIDE  
& CRISIS  
LIFELINE

## #BeThe1To:

1. ASK
2. BE THERE
3. KEEP THEM SAFE
4. HELP THEM STAY CONNECTED
5. FOLLOW UP

[Click to learn more](#) about these five steps to prevent suicide in your community.

## CDC's Suicide Prevention Resources

Includes helpful data (especially related to disparities experienced by diverse communities), risk and protective factors for suicide, prevention strategies, and resources. [Click to access](#).

## Need Help?

If you are feeling alone and having thoughts of suicide—whether or not you are in crisis—or know someone who is, don't remain silent. Talk to someone you can trust.

**Call or text 988 or chat at [988lifeline.org](https://988lifeline.org)**

## FAQs about Suicide

Developed by the National Institute of Mental Health (NIMH) on the warning signs of suicide, ways to help prevent suicide, and effective treatment options. [Click to access](#).

## WORDS OF HOPE

"My help comes from the Lord, the Maker of heaven and earth."  
Psalm 121:2