

All Stressed Up and Everywhere to Go!

Solutions to De-Stress Your Life

Your Facilitator

Gaylyn Williams is an inspirational and motivational speaker. She has written twenty-eight books including *Battlefield Strategies for Every Believer*, *The Surprising Joy of Exploring God's Heart* and *Never Do Fundraising Again*. Gaylyn uses her skills to educate and transform her audience. Her stories and illustrations reflect the power of God's sustaining grace.



Gaylyn was raised as a missionary kid in Guatemala. She served with Wycliffe Bible Translators for sixteen years and The Navigators for three. Since 1999, she has been the executive director of Relationship Resources. She co-authored the book, *All Stressed Up and Everywhere to Go*, with her father, Ken Williams, PhD. She is the mother of two married sons and lives in Colorado Springs, Colorado.

You can contact her at gaylyn@gaylyn.net.

Relationship Resources, Inc.

Relationship Resources facilitates growth for believers and not-yet believers in their relationships with God, themselves, and other people. They provide practical, biblical workshops and materials designed to empower and equip people in their lives, work and ministries.

Learn more at <http://RelationshipResources.org>.

Course Description

Do you need to de-stress your life?

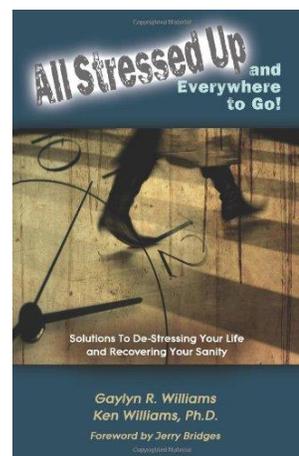
This is an online self-study course, but is also available as live instruction.

Contact Relationship Resources for more information:

info@RelationshipResources.org.

Consider the following questions:

- Are you experiencing physical, emotional or relational symptoms that are a direct result of being over-stressed? Do you know what those symptoms are?
- Could your perception of your situation be affecting your stress levels?



- Would you like to discover new resources to help you manage your stress?
- Do you ever feel like you are going crazy because you are so overwhelmed by life?
- What if you could find some simple yet powerful ways to de-stress your life? Would they be worth trying?

If you answered yes to any of these questions, we challenge you to take control of your life! In this practical class, we'll answer these questions and more. You'll discover biblical, proven strategies to help you embrace a balanced, victorious life. As a teacher, especially if you live overseas, you probably experience great stress, but it doesn't have to get you down. In fact, stress can actually improve your life!

Discover simple, yet amazing ways to make stress work for you—not against you. In this class you will learn about stress and how it can affect your life. You will also practice six key stress-management skills that will empower you to de-stress your life today and in the future. You will then work through ways to keep balance in your life, so you don't become overwhelmed.

The biblical principles in this course have been taught worldwide to over forty-thousand people in more than eighty countries over the last thirty years. And now they are available to you!

Course Objectives

By the end of this course you will:

- Understand what stress is and how it affects you.
- Recognize burnout symptoms in yourself and others.
- Have practical, biblical skills and tools to use throughout your life to manage your stress. You will also know how to help others manage their stress—your students and their parents, co-workers, friends, family and more.
- Learn how to live a more balanced life, so you can be more effective for the Kingdom.

You will meet the objectives listed above through a combination of the following activities:

- Watch each video.
- Take self-assessments to determine how you are currently doing at managing your stress.
- Study each section, including the Bible studies, working through the skills.
- Participate in the discussion forums, answering questions and commenting.

Course Requirements

- You will need a computer with an internet connection. If it is not sufficient to stream video, each video has a transcript that you may download and read offline.
- There are no prerequisites for this course

Course Materials

All materials are included in the course, except your Bible and a journal if you want to use one. These include:

Forums. You will encounter numerous discussion forums that ask you to reply to a question corresponding with the material in the course. Feel free to browse the forums for ideas, encouragement or pitfalls to avoid. We recommend that you participate fully in them, as you will find that you learn more when you are sharing with others.

Videos. Gaylyn introduces each lesson and emphasize the key parts of each principle.

PDFs. Each lesson has a section from the book, [*All Stressed Up and Everywhere to Go*](#), explaining the principle, grounding it in the Bible and giving practical advice.

Activities. Each lesson also includes a number of practical activities to help you engage the principle and begin applying it to your life.

Snapshots Page. Each lesson gives you an opportunity to note what you want to take away from it. These snapshots can include your highlights, key insights, questions you still have or action steps. When finished with the course, all your snapshots will be in one place to take with you.

Putting it to Practice. Each lesson ends with a personal application section. We encourage you to apply what you are learning, so that you can de-stress your life.

Self-Assessments. Throughout the course you will find self-assessments to help you determine how you are doing at managing your stress and how close to burnout you may be. These are not graded, but are meant for you to discover areas that may need more work.

Scriptures. Dig into God's Word to unearth what God says about the topic.

Powerful Stories. Through personal stories, learn how the authors applied the key principles.

Course Schedule

This course is divided into fourteen lessons in four parts. Each lesson explores practical principles you can apply to your life to maintain a healthy level of stress. The lessons have been designed to follow a linear sequence. We recommend that you work through them in the order they appear.

You can do this course your own pace. We recommend giving yourself enough time to practice the skills so you can learn how to effectively lower your stress. There are no expected due dates for activities or course completion.

Part One: Investigate the Issues

Lesson 1: Embrace the Truth: What is stress?

Stress affects all of us, and a joyful, productive life depends on having skills for handling it well. We can't choose whether we'll have stress, but we can choose how it affects us. It can either be a curse—and harm us, or it can be a blessing—and we can thrive in the midst of it. In this lesson, you will gain a greater understanding of what stress is and isn't, as well as how it affects you.

Lesson 2: Recognize the Problem: Are you stressing yourself?

We all have baggage from the past, as well as worries, fears, and more. These are internal stresses. Internal stress is the burden of unresolved mental and emotional stress we carry with us and bring to new stress situations. In this lesson you'll learn about ways you may be stressing yourself. You'll also discover practical methods to reduce your feelings of stress by dealing with your internal stress.

Lesson 3: Prevent Burnout: Are you at risk?

One of the most serious consequences of not adequately dealing with stress is burnout. It is caused by the accumulation of chronic stress that depletes energies. Awareness of your level of stress and establishing habits and routines to manage your stress are significant to avoiding burnout. In this lesson you will take self-assessments to determine how close you may be to burnout. You'll also gain practical resources to help you and others close to you.

Part Two: De-Stress Your Life

This section has six biblical skills, proven to reduce your stress when applied together.

Lesson 4: Determine Your Stressors: What is causing your stress?

The first skill in handling stress is to identify what's causing it. You can't begin to manage your stress unless you know what the specific causes are. You will go through a process to identify your stressors—many that you may not have ever considered.

Lesson 5: Understand Your Reactions: How is stress affecting you?

Everyone develops some healthy and unhealthy reactions to stress. Whether a reaction is healthy or not often depends on how it is handled. Some reactions are inherently more destructive than others. Maintaining a healthy level of stress is contingent on reacting well to stress when it strikes. You'll assess your own reactions with a list of many possible symptoms of stress.

Lesson 6: Stop the Pain: How do you handle your emotions?

We must lay to rest the myth that if we are truly spiritual we will never be upset or feel emotional pain when under stress. God's Word makes it clear that it is normal to feel distress. The spiritual person, like Jesus, David, or Paul, does feel distress when in intense situations. After studying the topic, you will take a self-assessment to determine how stress affects your emotions.

Lesson 7: Harness Your Resources: How can you enlist God's help?

We have amazing resources for managing stress well. Many of these are "natural," available to everyone, whether they know God or not. "Spiritual" resources are available only to those who follow the Lord. Even though Jesus was truly God, in His human condition He utilized natural and spiritual resources just as we must do when undergoing stress. You will learn which Jesus used and take a self-assessment to determine how you are doing at using yours.

Lesson 8: Relieve the Pressure: How can you lower your stress?

Often just doing the first four skills is not enough. Many times we may need to take more steps to relieve the stress. The Word gives us many examples and teachings, showing that we are to be active participants with God in doing something about our stressful situations. In this lesson, you will learn about "junk stress" and gain specific ideas on how to relieve the pressure you may feel.

Lesson 9: Transform Your Circumstances: How will focusing on God help you?

Focusing on God and eternal realities can transform the most difficult and stressful circumstances into experiences of joy and God's blessing. However, we must be sure not to "spiritualize" stress and then fail to work through the process of managing it. God has given us all of the skills for managing stress—not just this one. In this lesson, you will look at biblical ways you can change your perspective and begin focusing on eternal realities, rather than your situation.

Part Three: Maximize Your Resources**Lesson 10: Empower Your Potential: How can the Bible help you?**

We have incredible treasures waiting for us to uncover, each one found in the Word. This lesson encourages you to make a habit to spend time in the Word discovering all God has for you. You will look briefly at some of your key objective and subjective resources.

Lesson 11: Uncover the Treasure: What other resources are available?

The spiritual resources in Lesson Ten are our first line of defense in dealing with stress. However, God has also given us common sense to use in dealing with life. Ephesians 5:15 says, "Be very careful, then, how you live—not as unwise, but as wise." In this lesson, you will discover some very practical resources that can help you manage your stress.

Lesson 12: Discover Some Amazing Secrets: What are some additional strategies?

The apostle Paul was an incredible person, but not without his problems. Amazingly, he endured many difficulties and hardships, as well as struggling with many weaknesses. To discover Paul's secret of emotional health under stress, join Ken Williams in an imaginary journey back in time to interview him. You will discover some of Paul's stress-management strategies you may never have recognized.

Part Four: Recover Your Sanity

Lesson 13: Examine Your Lifestyle: How do you know if your life is balanced?

Over the long haul, one area that causes great pain and damage for teachers, students and their families is a failure to live a balanced life. Balance is as essential as food, air and water. If we try to go without balance in our lives for too long, we begin to wither and die—emotionally, spiritually and interpersonally. And so do our families and our ministries. In this lesson, you will gain a greater understanding of what the Bible says about balance and you'll delve into what keeps you from experiencing it.

Lesson 14: Design Your Strategy: How do you successfully juggle life's demands?

Very few, if any, people achieve and maintain balance without a deliberate strategy to do so. It doesn't happen automatically. Everything around us pressures us to live to the very limit of our capacity, leaving us nothing in reserve. In this lesson, you'll design a strategy to help you manage your stress and maintain healthy margins in life.

When should you use the strategies in this book?

- It's best to study and use the principles when you are not feeling overstressed. Then you'll have them as tools to use when difficulties come up.
- When you are feeling stressed.
- Before you know you are going into a stressful situation. It helps to deal with whatever stress you currently have, as well as building yourself up for the future. That way you have extra reserves no matter what happens.

I pray as you learn to more effectively manage your stress, God will empower you to be more successful in all you do. I'd love to hear how God uses this course for you.

Blessings,

Gaylyn Williams

Gaylyn@RelationshipResources.org