



SAYING "YES" TO THE STRESS

Empowering Teachers with a
New Perspective to Stress

K'dee Elsen, Ph.D.
SECC Adventist Education
February 22, 2021

AGENDA

A.

Review
Good Grief

B.

Assess Current
Stressors

C.

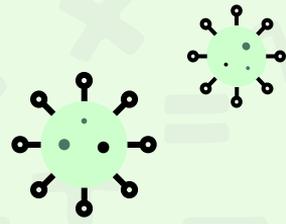
Coping with
Stress and
Anxiety

D.

Say 'Yes' to
Stress



A. REVIEW: Good Grief

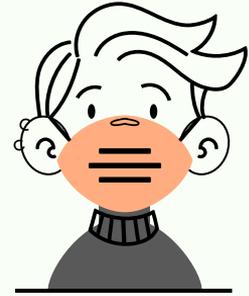


- **B.C. vs. D.C. Stressors:**

Added stressors: longer hours, adjustment to new style of teaching ("I wasn't trained for this"), e-learning, poor attention span, less control of student and home environment, new policies, fear of virus

- **Root of Stressors: Grief**

Ambiguous/disenfranchised losses: a full classroom, graduations and other milestones, connection w/students and colleagues, going home at the end of the day

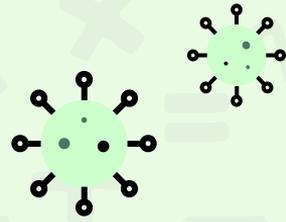


A. REVIEW: *Good Grief*

- Coping with Grief:

- 1) Accept
- 2) Allow
- 3) Adjust/Adapt

A. REVIEW: *Good Grief*



- Coping with Grief:

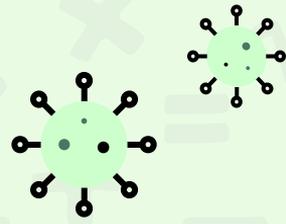
- 1) Accept**

- 2) Allow

- 3) Adjust/Adapt

- Accept that it is a loss. Not just a loss, but multiple losses. And not just multiple, but ongoing losses.
- Be aware that you are grieving.
- Reflect on which specific losses you are grieving.

A. REVIEW: Good Grief



• Coping with Grief:

- 1) Accept
- 2) Allow**
- 3) Adjust/Adapt

*KUBLER-ROSS' STAGES OF GRIEF



01. Denial



02. Anger



03. Bargaining

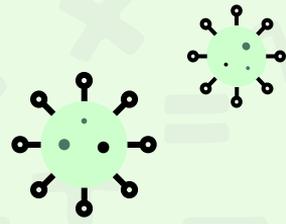


04. Depression



05. Acceptance

A. REVIEW: *Good Grief*



- Coping with Grief:

- 1) Accept
- 2) Allow

- 3) Adjust/Adapt**

- Waiting for things to return to “normal” versus accepting this is the new reality
- **Reflection:** What are the blessings/opportunities of the COVID-19 pandemic?

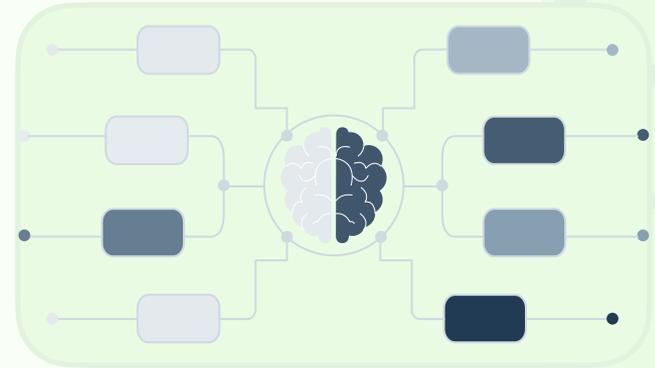


B. CURRENT STRESSORS

What are your current stressors as teachers?

CURRENT STRESSORS

- Stuck in grief (specifically stage of denial, and not adapting)
- Accepted, allowed, adapted but still stressed...
 - Student absences, incomplete assignments, students' home-life stressors, concern for the neglect of students' social/emotional learning



C.

COPING WITH STRESS AND ANXIETY

Learning practical coping tools,
including the Bible



COPING WITH S & A

1. Learn how to distinguish between stress and anxiety
2. Accept that stress is normal
3. Don't let stress turn into anxiety
4. Identify and Cope with anxiety
5. Say 'Yes' to the Stress

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STRESS VS. ANXIETY



Stress

- Response to an *external* cause/origin; typically some type of change, demand, or threat (e.g. deadline at work)
- Acute (subsides after stressor is resolved)
- Normal aspect of life

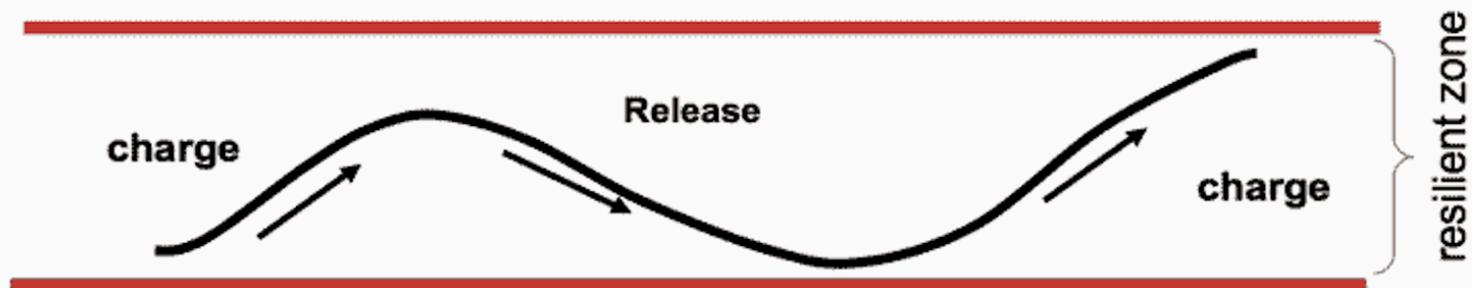


Anxiety

- Response to an *internal* cause/origin; feeling of fear, worry, or nervousness
- Chronic (persists after the concern has passed)
- Often excessive and impairs life

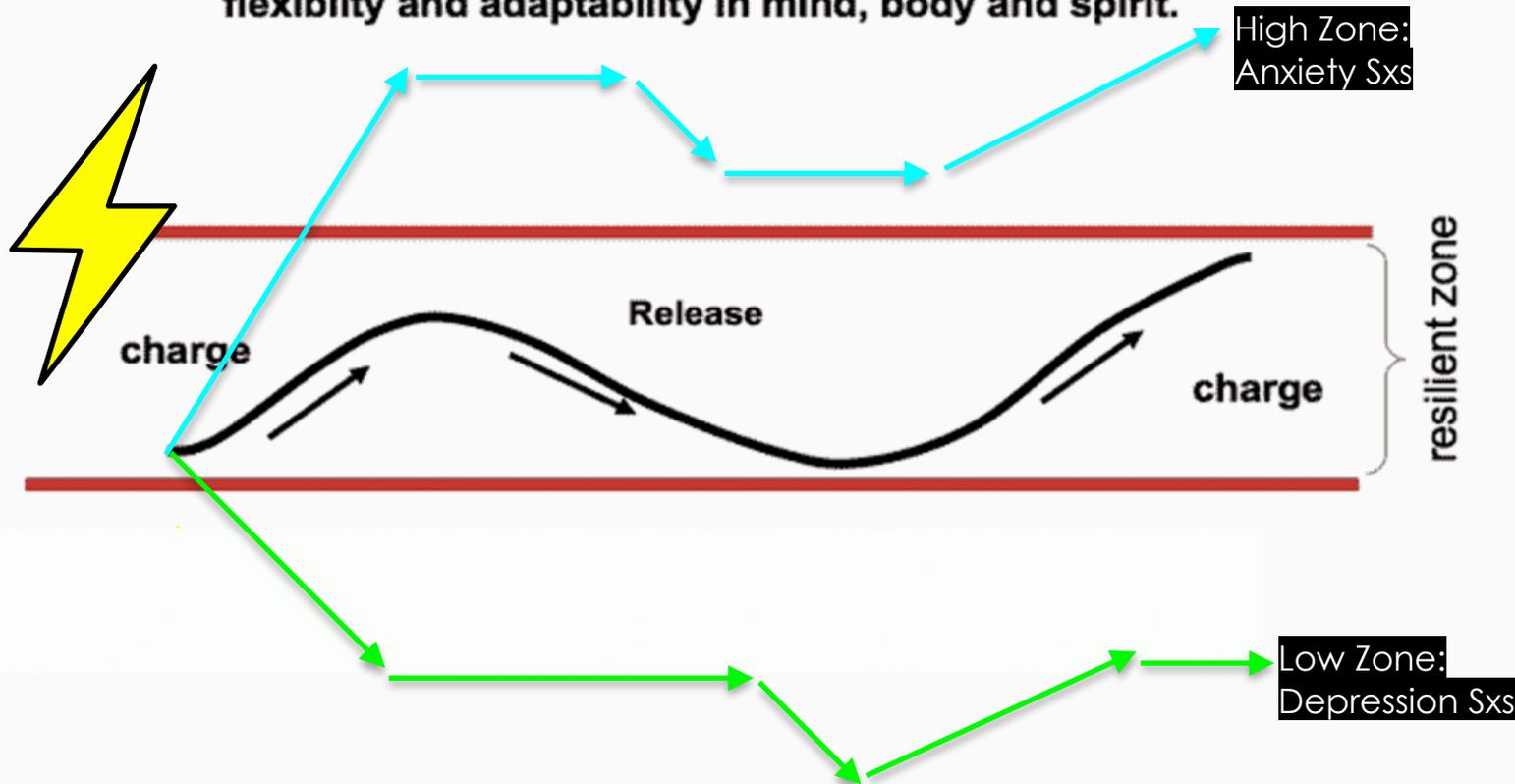
The Resilient Zone

When we are in our “Resilient Zone,” we have the best capacity for flexibility and adaptability in mind, body and spirit.



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ANXIETY SYMPTOMS



Physical

- Chest pain
- Muscle tension
- Headaches
- Digestive issues
- Impaired Immune System
- Insomnia



Cognitive/ Emotional

- Racing thoughts/excessive worrying
- Difficulty concentrating
- Easily annoyed/irritable
- Irrational fears/Obsessions
- *Significant impairment

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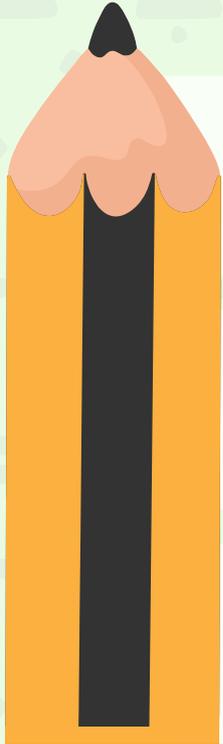
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- Accept that stress is normal! It is a part of your job, your life

BIBLICAL COUNSEL

Stress is normal!



1 Corinthians 10:13

No trouble has overtaken you that is not *common* to man.



1 Peter 4:12

Beloved, think it *not strange* concerning the fiery trial which is to try you, as though some *strange* thing happened unto you.



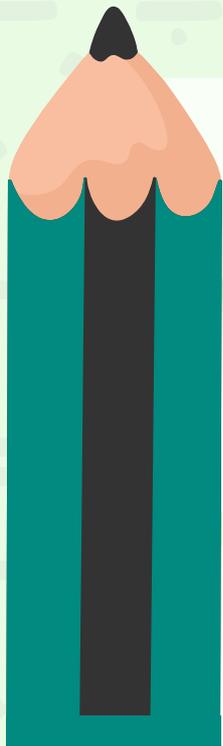
1 Peter 5:9

Resist him, steadfast in the faith, knowing that the *same sufferings* are experienced by your brotherhood in the world.



BIBLICAL COUNSEL

Stress vs. Anxiety



Philippians 4:6

Be anxious *for nothing*, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;



Matthew 6:34

Therefore do *not* worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.



1 Peter 5:7

Cast *all* your anxiety on Him because He cares for you.



COPING WITH S & A

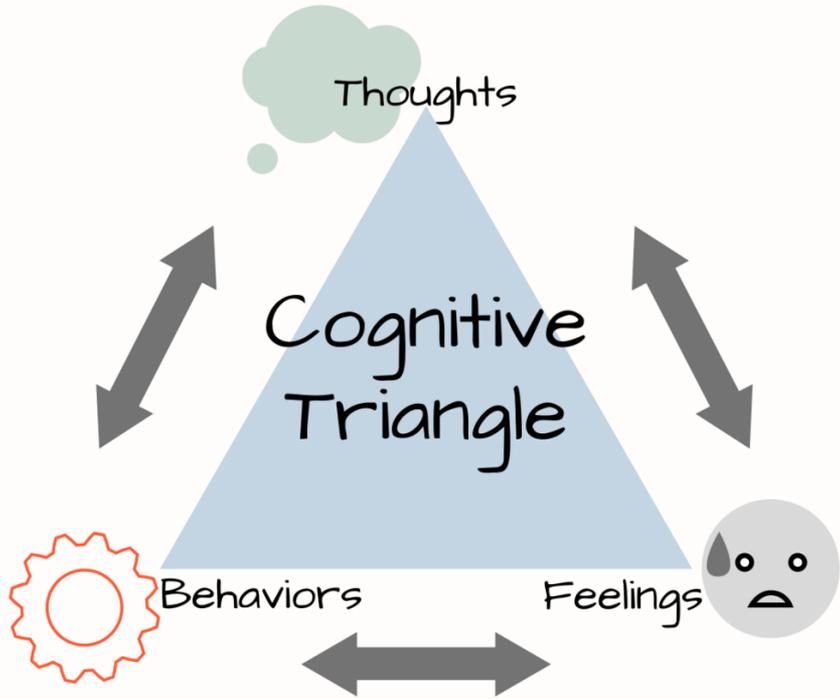
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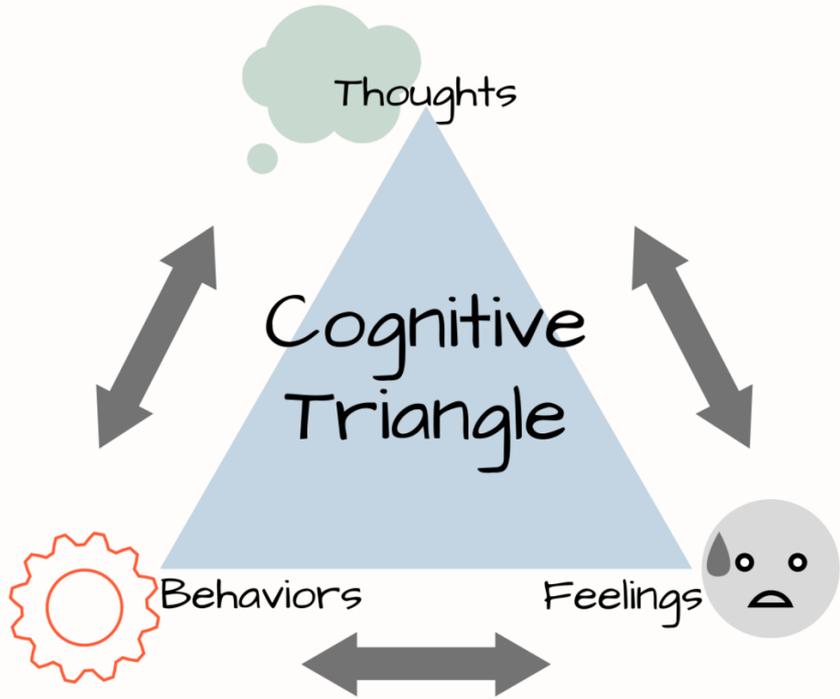
- Accept that stress is normal! It is a part of your job, your life
- What are ways in which you can reduce your stress? Whether individually or institutionally?

COPING WITH S & A

1. Learn how to distinguish between stress and anxiety
2. Don't let stress turn into anxiety
- 3. Cope with anxiety**



COGNITIVE BEHAVIORAL THERAPY



“You were taught, with regard to your former way of life, to put off your old self (*behaviors*), which is being corrupted by its deceitful desires (*emotions*); to be made new in the attitude of your minds (*thoughts*).”

Ephesians 4:22-23

CBT TOOLS



Behaviors

⊗ unhealthy bxs

⊕ healthy bxs

N.E.W. S.T.A.R.T.

Deep breathing

Thoughts

Realistic

3 C's (Catch, Check, Change)

T.H.C.

(Is it truthful? Helpful? In my control?)

Emotions

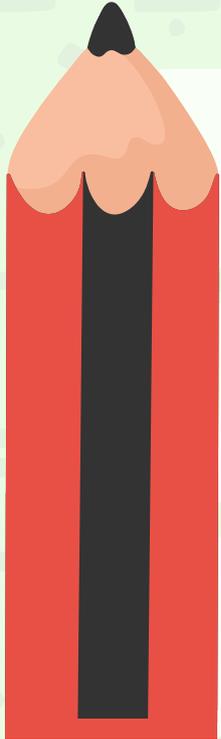
Good or Bad?

A.C.E. vs I.C.E.

Accept, Clarify, Express
not Ignore Conceal, Explode

BIBLICAL COUNSEL

Cognitive Behavioral Therapy



Behaviors

Phil. 4:6 Be anxious for nothing, but in everything by *prayer and supplication*, with *thanksgiving*, let your requests be made known to God;



Thoughts

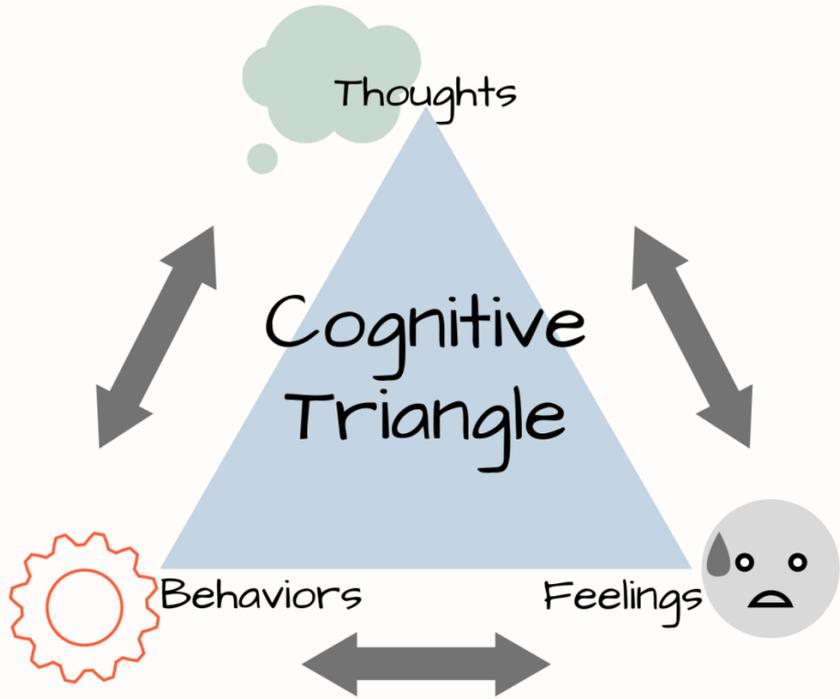
2 Cor. 10:5 bringing every thought into captivity to the obedience of Christ



Emotions

Prov 16:32 He who is *slow to anger* is better than the mighty, and he who *rules* his spirit than he who takes a city.





“You were taught, with regard to your former way of life, to put off your old self (*behaviors*), which is being corrupted by its deceitful desires (*emotions*); to be made new in the attitude of your minds (*thoughts*).”

Ephesians 4:22-23



“What if we don’t change at all ...
and something magical just happens?”

“You were **taught**, with regard to your former way of life, to put off your old self (behaviors), which is being corrupted by its deceitful desires (emotions); to be made new in the attitude of your minds (thoughts).”

Ephesians 4:22-23

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4. Say 'Yes' to the Stress

D.
**SAY "YES" TO
THE STRESS**

The secret to a successful life



SAY 'YES' TO STRESS

Don't only accept that stress is normal, but find value/purpose/opportunity:

- What drew you to become a teacher?
- What makes you passionate about teaching?
- What are the blessings/privileges one has as a teacher that others do not have?
- What are the eternal consequences of what you do?



To the teacher is committed **a great work**—a work for which, in his own strength, he is **wholly insufficient**. Yet if, realizing his own **weakness**, he clings to Jesus, he will become **strong** in the strength of the Mighty One... Patience and perseverance will not fail of a reward. The best efforts of the faithful teacher will sometimes prove **unavailing**, yet he will see **fruit for his labor**. Noble characters and useful lives will richly repay his toil and care. [CT 236.1](#)

Teachers can gain efficiency and power only by **working as Christ worked**. When He is the most powerful influence in their lives, they will have **success** in their efforts. They will rise to heights that they have not yet gained. They will realize the **sacredness** of the work entrusted to them, and filled with His Spirit they will be animated with the same desire to save sinners that animated Him. **And by their lives of consecration and devotion their students will be led to the feet of the Saviour.** [CT 263.1](#)

—Counsels to Parents, Teachers, and Students
by Ellen White



No other life was ever so **crowded with labor and responsibility** as was that of Jesus; yet how often He was found in **prayer!** How **constant** was His communion with God! Again and again in the history of His earthly life are found records such as these: "Rising up a great while before day, He went out, and departed into a solitary place, and there prayed." "Great multitudes came together to hear, and to be healed by Him of their infirmities. And He withdrew Himself into the wilderness, and prayed." "And it came to pass in those days, that He went out into a mountain to pray, and continued all night in prayer to God." Mark 1:35; Luke 5:15, 16; 6:12.

In a **life wholly devoted to the good of others**, the Saviour found it necessary to **withdraw** from the thoroughfares of travel and from the throng that followed Him day after day. He must **turn aside from a life of ceaseless activity and contact** with human needs, to seek **retirement** and **unbroken communion** with His Father. As one with us, a sharer in our needs and weaknesses, He was wholly dependent upon God, and in the secret place of prayer He sought **divine strength**, that He might go forth braced for duty and trial. In a world of sin Jesus endured struggles and torture of soul. In communion with God He could unburden the sorrows that were crushing Him. **Here** He found comfort and joy.

In Christ the cry of humanity reached the Father of infinite pity. As a man He supplicated the throne of God till His humanity was **charged with a heavenly current** that should connect humanity with divinity. Through **continual communion** He received life from God, that He might impart life to the world. **His experience is to be ours.**

"Come ye yourselves apart," He bids us. If we would give heed to His word, we should be **stronger and more useful**. The disciples sought Jesus, and told Him all things; and He encouraged and instructed them. If today we would take time **to go to Jesus and tell Him our needs**, we should not be disappointed; He would be at our right hand to help us...

He bids us, "Be still, and know that I am God." Psalms 46:10. Here alone can true rest be found. And this is the effectual preparation for all who labor for God. Amid the **hurrying throng, and the strain of life's intense activities**, the soul that is thus refreshed will be surrounded with an atmosphere of light and peace. The life will breathe out fragrance, and will reveal a **divine power that will reach men's hearts**.



“Beloved, think it *not strange* concerning the fiery trial which is to try you, as though some strange thing happened unto you but **rejoice** inasmuch as ye are partakers of Christ’s sufferings, that, when His glory shall be revealed, ye may be glad also with exceeding joy.”

—1 Peter 4:12-13

RESOURCES

● **Homework:** DOA Ch. 38—Come Rest Awhile (DA 363)

● **Therapist:** insurance (support groups), Psychology Today Therapist's directory, Beautiful Minds Medical

● **Books:** *SOS: Help for Emotions, Telling Yourself the Truth, Thanks!: How Practicing Gratitude Can Make You Happier, Depression the Way Out*
● **SoP:** *Ministry of Healing, Mind Character & Personality Volumes 1 &2, Conflict and Courage*

● **Crisis Text Line:** Text SHARE to 741741

● **National Suicide Prevention Lifeline:** 1-800-273-TALK

● **SAMHSA National Helpline:** 1-800-662-HELP

● **NAMI Helpline (M-F 7am– 3pm PST):**
1-800-950-6264





THANK YOU!



Questions???

kelsen.psych@gmail.com

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