

How Does Your State of Mind Affect You?

Chapter 6 Lesson 2
Part 1

ByDesign Science, Level 4
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Your State of Mind

- ♦ Some of your body's reactions are caused by emotions.
- ♦ An emotion is a mental state or feeling you get inside.

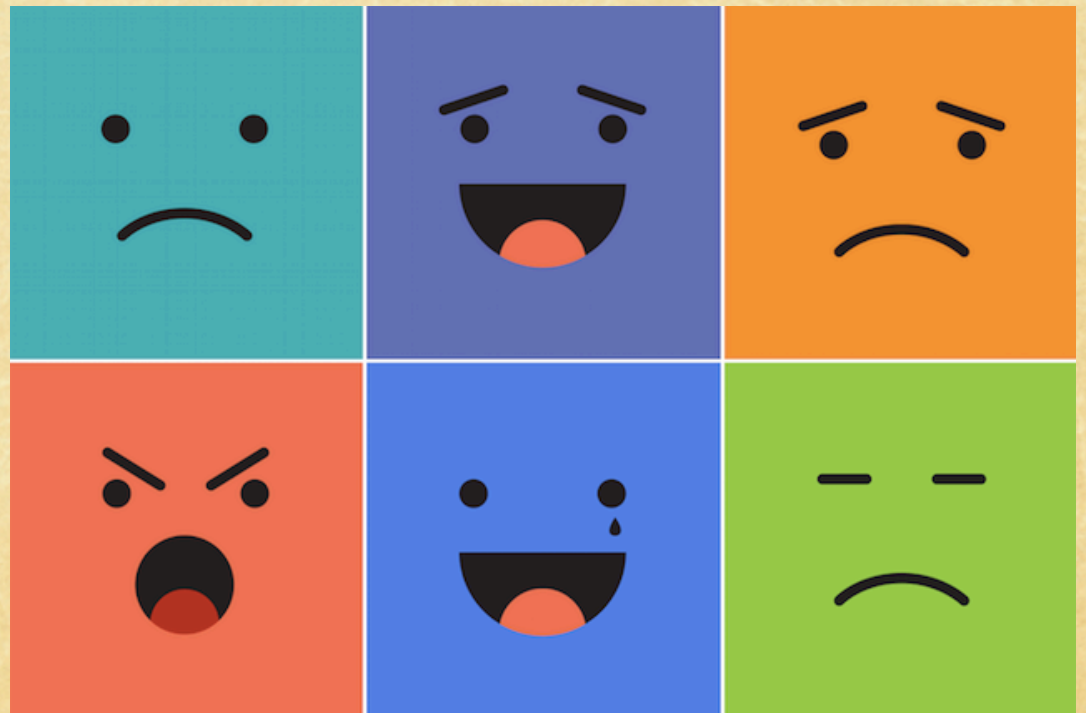
♦ Emotions affect us.



- ♦ If people are sad, angry, or worried, they may not feel well.
- ♦ If they feel happy or joyful, they may feel great!

Your State of Mind

- ♦ People share many common emotions.
- ♦ However, sometimes people will feel differently about the same experience.



Your State of Mind

Some Common Emotions				
affection	embarrassment	gratitude	love	shame
annoyance	fear	happiness	pride	surprise
boredom	frustration	jealousy	sadness	wonder

Your State of Mind

- ♦ Emotions are natural and normal part of being human.
- ♦ Most emotions are temporary, and you can feel many emotions each day.
- ♦ It is normal to feel sad sometimes.
- ♦ When someone feels sad for a very long time, and it affects daily life, it is called depression.



Your State of Mind

- ♦ A person who is depressed may feel physically tired of all the time.



- ♦ Some people with depression may also have difficulty sleeping or eating.
- ♦ Lack of sleep may also affect your emotions.

Your State of Mind

- ♦ Grief is an overwhelming feeling of sadness or suffering.
- ♦ Grief is usually related to the loss of something or someone important to you.
- ♦ People who are grieving may want to be alone too much.
- ♦ They may cry easily and frequently. They also may have trouble sleeping and eating.

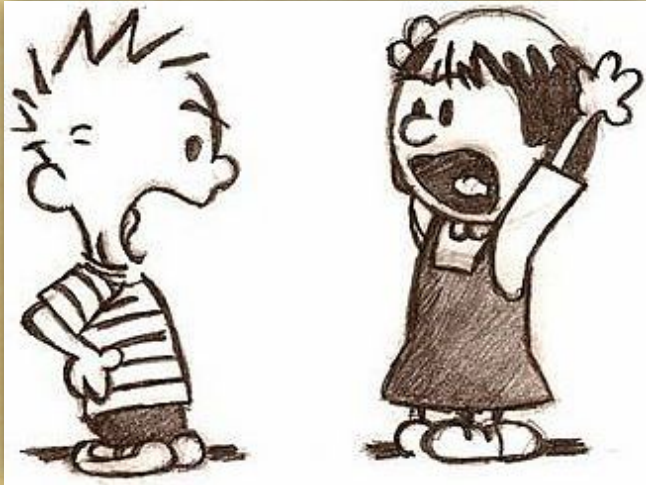


Your State of Mind

- ♦ You can ask God to help you deal with the sorrow and sadness you feel as you grieve.
- ♦ In Matthew 5:4, Jesus says, “Blessed are those who mourn, For they shall be comforted.”
- ♦ God loves and cares for you. He can help you in difficult times.



Your State of Mind



- ♦ Emotions are only one of the things that affect your state and mind.
- ♦ Conflict and stress also affect how you think and feel.
- ♦ **Conflict** arises from a disagreement. When two people have different opinions, values, or ideas, the conflict may lead to an argument.

Your State of Mind

- ♦ Conflict also exist between you want to do and what you know is right.
- ♦ When there is unresolved conflict in your life, it leads to stress.



Your State of Mind

- ♦ A manageable level of stress is important.
- ♦ **Stress** is a feeling of being pressured by things happening in your life.
- ♦ Some stress is good. It helps us focus on important tasks and motivates us to achieve our goals.
- ♦ Other stress is bad. It causes us to feel tense, worried, and sick.



Your State of Mind

- ♦ Being a Christian does not mean that you will not experience high levels of stress in your life.
- ♦ Prayer, reading the Bible, exercising, talking with friends, keeping a positive outlook, and doing things you enjoy can all help you keep a stress at a manageable level.



Your State of Mind

- ♦ People cause themselves stress when they lie, cheat, steal, or are unkind.
- ♦ They feel stress of guilt, which can cause an upset stomach or make it hard to sleep.
- ♦ However, when we confess to God what we have done wrong and ask for His forgiveness, He forgives us.
- ♦ We still must deal with the consequences of our poor choices.



Dealing with Conflict

- ♦ There are times when we need help and advice in dealing with conflict and stress in our lives.
- ♦ You can pray or talk with a trusted adult, such as a parent, teacher, or pastor.
- ♦ A counselor is a person trained to help you sort out problems and make positive life choices.



Dealing with Conflict



- ♦ The first strategy to deal with emotions, stress, and conflict is to pray about them.
- ♦ Jesus understands your feelings and has promised to help when you come to Him in prayer.

Dealing with Conflict



- ♦ Another way to change your state of mind and help your body is by exercising.
- ♦ Regular exercise can make you feel better and relieve stress.
- ♦ Laughter works, too.
- ♦ It causes pain-relieving substances to be released in the body.
- ♦ Proverbs 17:22 says, “A merry heart does good, like a medicine, but a broken spirit dries the bones.”

Dealing with Conflict

- ♦ Address the conflict in your life peacefully. Try these steps:
 - ♦ **Step 1** Think about the problem.
 - ♦ **Step 2** Listen to the person you disagree with.
 - ♦ **Step 3** State how you feel calmly. Be kind.
 - ♦ **Step 4** Work together to compromise and find a solution.
- ♦ Remember, though, compromising your Christian values will never result in an acceptable solution.