

LIFE Meeting

Stress Relief

December 7, 2016

1. Opening Prayer

Grant

2. Large Group: Stress Relief PPT

Meeting Planners

3. Transition to Small Group

Viveca

4. Small Group: Stress Relief

5. Large Group: Wrap Up

Morgan

6. Closing Prayer

Jesse

- Next Meeting: January 11th
- Survey Coming Soon!
- Planning Meeting December 20th After the Last Exam
 - Food: Anna, Grant, Viveca, Becca

Opening Prayer

Bad Day by Daniel Powter

<https://www.youtube.com/watch?v=8SEn1y2RAgs>

Take a moment to collect yourself and remember that you are in the presence of the Lord. Hold hands with those next to you so that our weaknesses are covered up by each other's strengths.

Where is the moment we needed the most

You had a bad day

You kick up the leaves and the magic is lost

They tell me your blue skies fade to grey

Well, you need a blue sky holiday

They tell me your passion's gone away

The point is they laugh at what you say

And I don't need no carryin' on

And I don't need no carryin' on

You stand in the line just to hit a new low

You had a bad day

You're faking a smile with the coffee to go

You're taking one down

You tell me your life's been way off line

You sing a sad song just to turn it around

You're falling to pieces every time

You say you don't know

And I don't need no carryin' on

You tell me don't lie

You work at a smile and you go for a ride

'Cause you had a bad day

You had a bad day

You're taking one down

The camera don't lie

You sing a sad song just to turn it around

You're coming back down and you really
don't mind

You say you don't know

You had a bad day

You tell me don't lie

You work at a smile and you go for a ride

(oh, on a holiday)

You had a bad day

The camera don't lie

You're coming back down and you really
don't mind

Sometimes the system goes on the blink
And the whole thing turns out wrong

You had a bad day

You might not make it back and you know

Had a bad day

That you could be well, oh, that strong

And I'm not wrong

(yeah, yeah, yeah, yeah)

So where is the passion when you need it
the most

Oh, you and I

You kick up the leaves and the magic is lost

'Cause you had a bad day

You're taking one down

You sing a sad song just to turn it around

You say you don't know

You tell me don't lie

You work at a smile and you go for a ride

You had a bad day

You've seen what you like

And how does it feel for one more time

You had a bad day

You had a bad day

Had a bad day

Had a bad day

Had a bad day

Had a bad day

Life can be pretty rough at times. This time of year it gets especially harder and stressful as finals roll around and the weather gets bleaker. When times get tough, it's about how you handle a situation rather than what situation is handed to you. I encourage everyone to keep an open mind this meeting and to embrace a positive outlook on school and the upcoming finals awaiting us. Everyone has stress but not everyone knows how to deal with it. Just remember to take a deep breath and to say a prayer. As your people let us joyfully proclaim, may the Father and the Son and the Holy Spirit be glorified in all places through the immaculate Virgin Mary. Amen.

First Slide

- Like everyone I have my own things that stress me out
- Not school
 - Do my best because that's all I can do

Change Slide

- Friends
 - Hard trying to make everyone happy
 - People are always gossiping
 - Don't want to jump in but don't want to be left out
 - Don't change yourself for your friend group
 - Be your own person
 - God made you

Change Slide

- Outlook
 - Not a morning person
 - Crabby
 - Hard to stay positive
 - Don't associate with negativity
 - Don't have to be obnoxious about it
 - Freshman year retreat
 - Bonfire
 - Smile

Change Slide

- Positive
 - If you do your best to make others happy you will find yourself happy
 - Look at the blessings in your life
 - School
 - LIFE
 - Friends
 - Family
 - Smile and make sure you tell your family you love them

Things I can't control

Things I can control

Stand back: Remove yourself from the stressful situations.

Take a deep breath: Think about the choice that's best for YOU!

Relax: Do something that you enjoy!

Exercise: Get that stressful energy out in a healthy and positive way.

Sleep: Take time to rest. Your body needs it!

Speak: Speak to God and send your worries to him. He is always listening.

Transition to Small Group

We are all stressed about something, but we need to remember that God should be a part of our lives as well. Sometimes we just get too busy and don't save time for our relationship with God. We need to remember to save time for God. We need to remember that we cannot control everything and that we can only do so much. Whatever we cannot control we should just leave up to God. The Serenity prayer is a good way to remember to do just this:

O God, grant me the serenity to accept the things I cannot change the courage to change the things I can and the wisdom to know the difference.
Living one day at a time, enjoying one moment at a time. Accepting hardships as the pathway to peace. Taking, as he did, the sinful world as it is, not as I would have it. Trusting that he will make all things right if I surrender to His will; that I may be reasonably happy in this life, and supremely happy with Him forever

Small Group

Join hands so our strengths cover up each other's weaknesses.

One night I dreamed a dream.
As I was walking along the beach with my Lord.
Across the dark sky flashed scenes from my life.
For each scene, I noticed two sets of footprints in the sand,
One belonging to me and one to my Lord.
After the last scene of my life flashed before me,
I looked back at the footprints in the sand.
I noticed that at many times along the path of my life,
especially at the very lowest and saddest times,
there was only one set of footprints.
This really troubled me, so I asked the Lord about it.
"Lord, you said once I decided to follow you,
You'd walk with me all the way.
But I noticed that during the saddest and most troublesome times of my life,
there was only one set of footprints.
I don't understand why, when I needed You the most, You would leave me."
He whispered, "My precious child, I love you and will never leave you
Never, ever, during your trials and testings.
When you saw only one set of footprints,
It was then that I carried you."

In Paul's letter to the Hebrews he says that it is important for us, "To know that no matter what, no matter where, no matter when, Jesus will never leave us nor forsake us" and in the Gospel of John he says that, "In the good times he walks right beside us and in the bad he carries us. We are never left alone in this world. We may be in it but we are definitely not of it."

If each one of us took the time to look back on our whole lives, I'm sure that there would be many places where we were sad, lonely, in despair, and in need of God. These are the times that God comes lifting us off our feet and shows us that we are not alone. We know that God won't give

us anything that we can't handle. Times will get tough and if we seek help from the Lord we will make it through anything. Lord we ask you to be next to us in all times of good and bad. When we can't seem to find a way, show us the path of your light. For it is in you where we find security, strength, calmness, and love. As you people let us joyfully proclaim. May the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary.

Questions:

1. When are you mainly stressed, besides at school?
2. What are you stressed about? How do you deal with it now?
3. Do you think this is healthy/unhealthy?
4. Do you believe that you should change how you relieve your stress? If so, to what?
5. Do you ever feel like God isn't there for you when you are stressed? Why/why not?
6. How can we actively try to rely on God more in times of stress?
7. When someone else is stressed, have you ever put yourself in their shoes? Why/why not?
8. What are some ways that you deal with stress?

Instructions for small group activities.

Avocado sheet- An avocado is a fruit eaten for a healthy life. In the middle is that hard seed surrounded by the fruit, but it is the essential part in making the fruit grow. In the middle of your avocado, you will put things that you can control in your life. On the outside you will write the things that you cannot control.

Stress acronym- This is an acronym of stress, showing you steps on how to respond to stressful situations. Personalize and color the sheet and hang it in your locker or a place where you will see it to help you remember what to do when you're stressed.

Spontaneous closing prayer

**DON'T SWEAT
THE SMALL STUFF...**

and it's all small stuff



Stress Relief Meditation Script

"Take a deep breath in...

And then out...

Let your shoulders drop and your body relax.

You are in a safe space now. You are calm and balanced. You are calm and balanced.

You breathe in...

You breathe out...

You breathe in...

You breath out...

Well done.

When you are ready close your eyes.

If you are feeling stress at the moment, imagine that the stress is like having a storm or a hurricane in your life. See the chaos that this storm brings, but breathe in and out. You are safe.

Now see within this hurricane that there is an eye to this storm. Imagine that you are looking from a satellite above the earth and you can see the still, calm center - the eye of the storm.

You find yourself now in the center of this storm. You can feel and see the chaos around you, but you feel very peaceful.

You are relaxed and calm.

See that the storm is like your life and that you are in the eye of the storm at the moment. You can see what is going on around you, you can see things that could stress you out but they don't.

They don't because you are in the eye of the storm, you are in the center where it is peaceful and calm.

You breathe in...

And you breathe out...

And you see clearly that you have a choice whether to step into the storm, and to get dragged into the stress in your life. This does not mean that you hide in your room and lock yourself away in your house.

It means that you now see that you have a choice of how you react when someone says something or something happens in your life. You have a choice whether you step into the storm and get carried away by the chaos or to stay calm and balanced, peaceful and at ease - knowing that all is well, as long as you keep breathing in and out.



As long as you keep being calm and balanced.

Calm and loving...

At ease and in love...

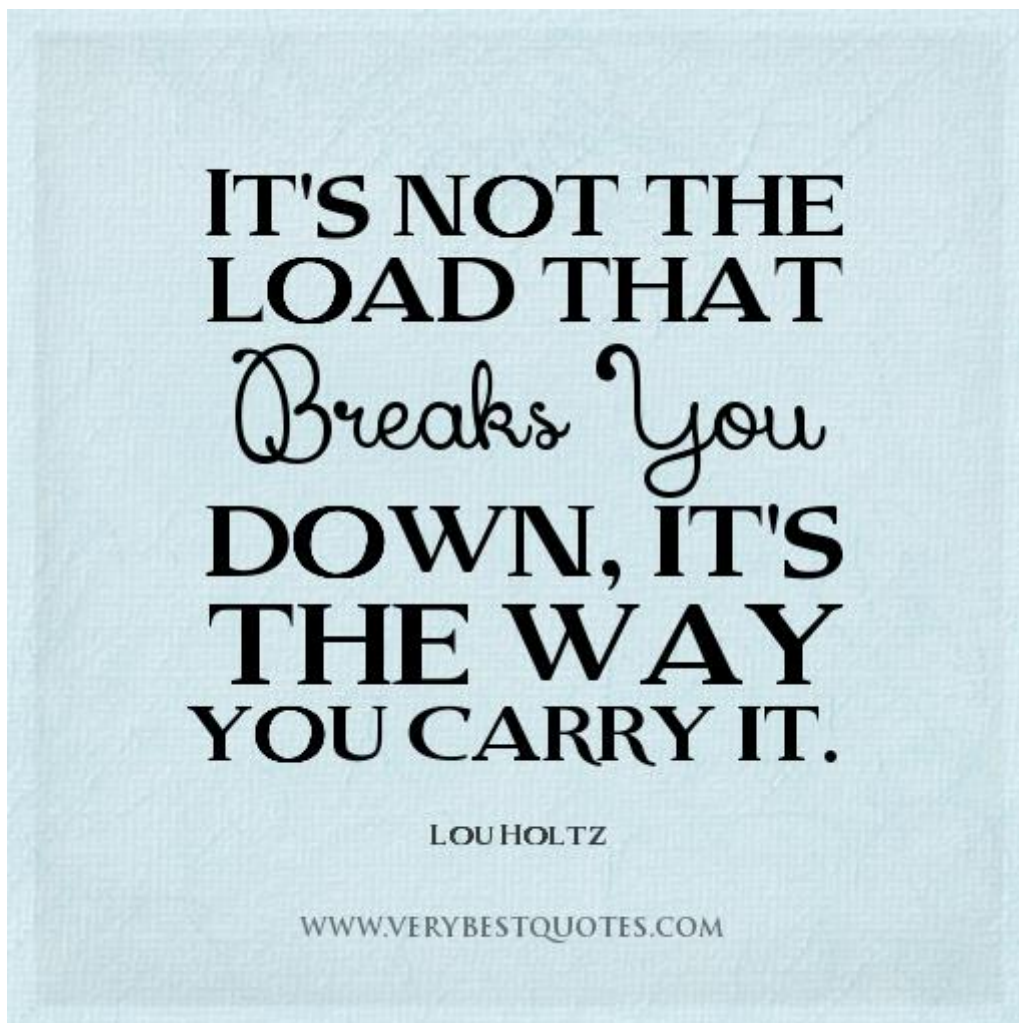
I will now count from 1 to 3 and by the time I reach 3 you will be refreshed and calm, and you will open your eyes - feeling yourself balanced on this earth, knowing that you have a choice of how you react and whether you get pulled into the storm or not.

Breathe in... and out... one

Breathe in... and out... two

Breathe in... and out... three

May you be well."



Closing Prayer

Take a moment to remember that we are the presence of the Lord. Hold the hand of the people next to you so that our strengths are covered up by other people's weaknesses.

Breathe by Jonny Diaz

<https://www.youtube.com/watch?v=59K8eLe6TWo>

Alarm clock screaming bare feet hit the floor

It's off to the races everybody out the door

I'm feeling like I'm falling behind, it's a crazy life

Ninety miles an hour going fast as I can

Trying to push a little harder trying to get the upper hand

So much to do in so little time, it's a crazy life

It's ready, set, go it's another wild day

When the stress is on the rise in my heart I feel you say just

Breathe, just breathe

Come and rest at my feet

And be, just be

Chaos calls but all you really need

Is to just breathe

Third cup of joe just to get me through the day

Want to make the most of time but I feel it slip away

I wonder if there's something more to this crazy life

I'm busy, busy, busy, and it's no surprise to see

That I only have time for me, me, me

There's gotta be something more to this crazy life

I'm hanging on tight to another wild day

When it starts to fall apart in my heart I hear you say just

Breathe, just breathe

Come and rest at my feet

And be, just be

Chaos calls but all you really need

Is to take it in, fill your lungs

The peace of God that overcomes

Just breathe (just breathe)

let your weary spirit rest

Lay down what's good and find what's best

Just breathe (just breathe)

Just breathe, just breathe

Come and rest at my feet

And be, just be

Chaos calls but all you really need

Is to just breathe

Just breathe

It can be very easy to forget about breathing. We breathe all the time, often without thinking about why or how. Taking a deep breath is often suggested for dealing with stress. It is a simple way to calm down, even if life is chaotic. One of the original names for God is Yahweh. Yahweh is literally translated as the Breath of Life. It is very powerful to think about God in that capacity. When we are born, it is God who breathes life into us. Breathe connects us to God at all moments of our life. In heavy sighs when feeling defeated or hushed whispers before exams, God is with us. So whenever you are feeling stressed, take a breath and know that God is with you. As your people let us joyfully proclaim, may the Father and the Son and the Holy Spirit be glorified in all places through the immaculate Virgin Mary.