

A faint, artistic illustration of a hand with the index finger pointing upwards, rendered in a light teal color that blends into the background. The hand appears to be emerging from the bottom left and pointing towards the top right.

MAKE *Your Life* MATTER:

A Study in Ecclesiastes



I'M SO STRESSED OUT!

Is it stress or anxiety?

Stress

- Generally is a response to an *external* cause, such as taking a big test or arguing with a friend.
- Goes away once the situation is resolved.
- Can be positive or negative. For example, it may inspire you to meet a deadline, or it may cause you to lose sleep.

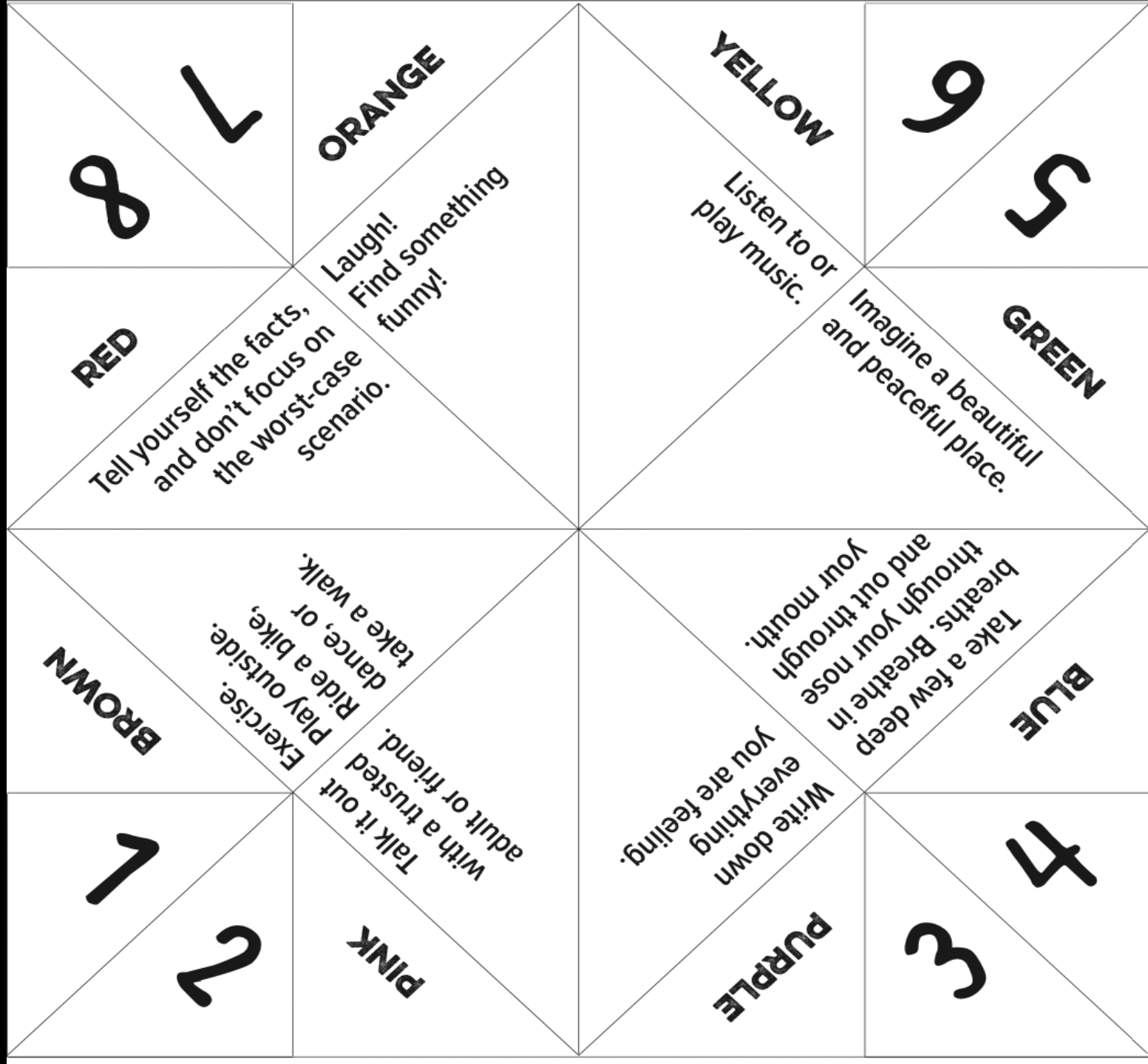
Both Stress and Anxiety

Both stress and anxiety can affect your mind and body. You may experience symptoms such as:

- Excessive worry
- Uneasiness
- Tension
- Headaches or body pain
- High blood pressure
- Loss of sleep

Anxiety

- Generally is *internal*, meaning it's your reaction to stress.
 - Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life.
- Is constant, even if there is no immediate threat.



9

YELLOW

Listen to or
play music.

5

GREEN

Imagine a beautiful
and peaceful place.

BLUE

7

Take a few deep
breaths. Breathe in
through your nose
and out through
your mouth.

Write down
everything
you are feeling.

PURPLE

3

ORANGE

Laugh!
Find something
funny!

RED

8

Tell yourself the facts,
and don't focus on
the worst-case
scenario.

PINK

2

Talk it out
with a trusted
adult or friend.

BROWN

1

Exercise.
Play outside.
Ride a bike,
dance, or
take a walk.

STRESS CATCHER

CATCH SOME GREAT COPING STRATEGIES AND SKILLS FOR MANAGING STRESS

From the **NATIONAL INSTITUTE of MENTAL HEALTH**

Life can get challenging sometimes, and it's important for kids (and adults!) to develop strategies for coping with stress or anxiety. This stress catcher "fortune teller" offers some strategies children can practice and use to help manage stress and other difficult emotions.

Follow the instructions to create a fun and interactive way for children to practice coping strategies.



CREATE YOUR STRESS CATCHER

- STEP 1.** Color the stress catcher (on page 2), and cut out the square.
- STEP 2.** Place the stress catcher face down. Fold each corner to the opposite corner, and then unfold to create two diagonal creases in the square.
- STEP 3.** Fold each corner toward the center of the square so that the numbers and colors are facing you. Turn over the square, and again fold each corner into the center so that the color names are visible.
- STEP 4.** Fold the square in half so that the color names are touching, and the numbers are on the outside. Now open it and fold it in half the other way.
- STEP 5.** Insert your thumb and first finger of each hand (pinching motion) under the number flaps.
- STEP 6.** Close the stress catcher so only the numbers show.

USE YOUR STRESS CATCHER

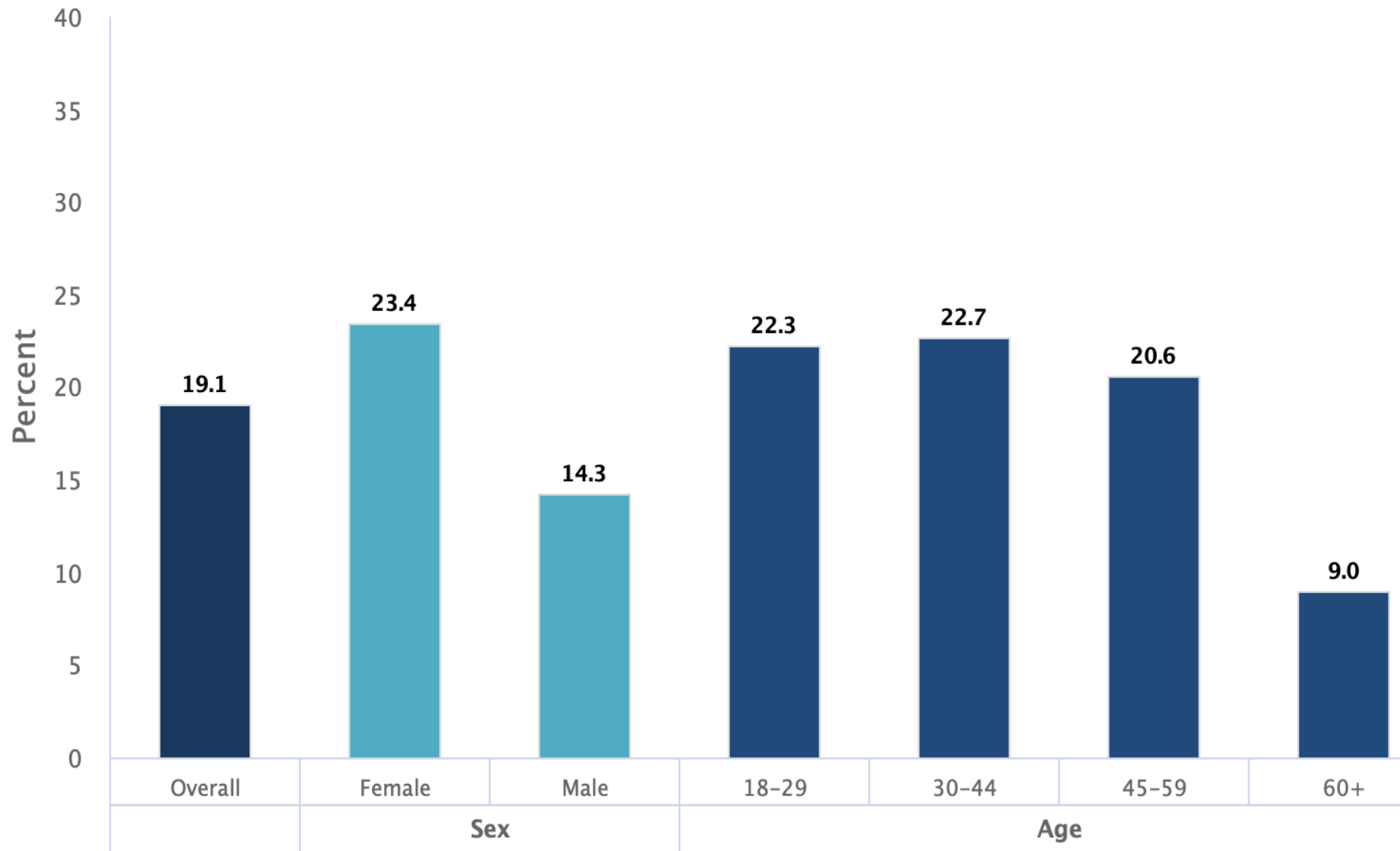
1. Pick a number, and open and close the stress catcher that number of times.
2. Next, pick a color and spell out the color name, opening and closing the stress catcher for each letter.
3. Then pick a color that is visible and open that flap.
4. Read what it says, and practice the coping strategy.
5. This game can be played with one or two players and is a way to practice coping strategies.



Figure 1

Past Year Prevalence of Any Anxiety Disorder Among U.S. Adults (2001–2003)

Data from National Comorbidity Survey Replication (NCS-R)

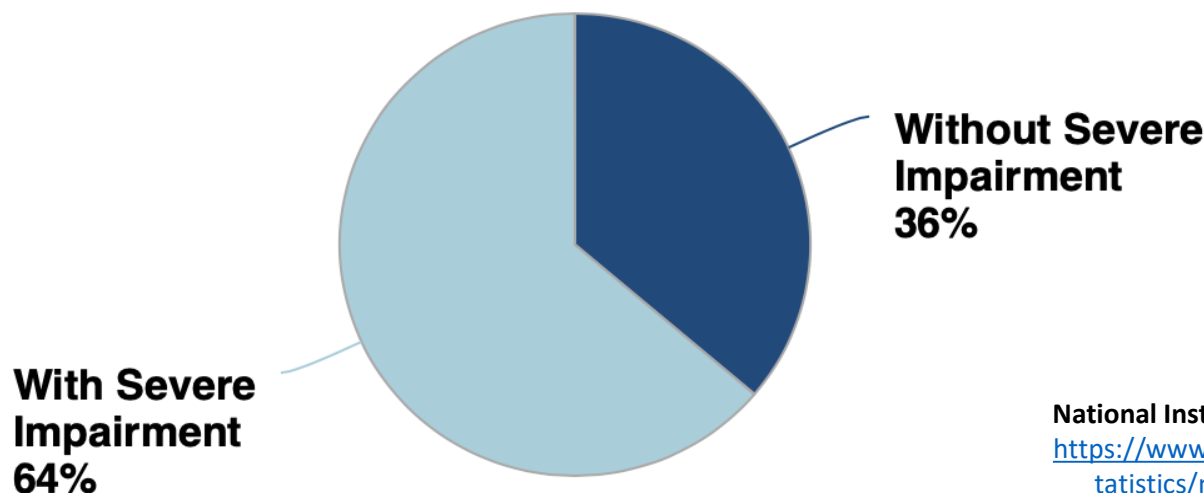


Major Depressive Episode with Impairment Among Adults

- In 2017, an estimated 11 million U.S. adults aged 18 or older had at least one major depressive episode with severe impairment. This number represented 4.5% of all U.S. adults.
- Figure 2 shows overall past year prevalence of major depressive episode with and without severe impairment. Of adults with major depressive episode, 63.8% had severe impairment.

Figure 2

Past Year Severity of Major Depressive Episode Among U.S. Adults (2017)
Data Courtesy of SAMHSA



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Ecclesiastes 3:1–8

¹ For everything there is a season, and a time for every matter under heaven:

**² a time to be born, and a time to die;
a time to plant, and a time to pluck up
what is planted;**

**³ a time to kill, and a time to heal;
a time to break down, and a time to build
up;**

**⁴ a time to weep, and a time to laugh;
a time to mourn, and a time to dance;**

Ecclesiastes 3:1–8

⁵ a time to cast away stones, and a time to gather stones together;
a time to embrace, and a time to refrain from embracing;

⁶ a time to seek, and a time to lose;
a time to keep, and a time to cast away;

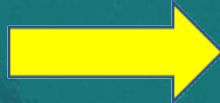
⁷ a time to tear, and a time to sew;
a time to keep silence, and a time to speak;

⁸ a time to love, and a time to hate;
a time for war, and a time for peace.

**MAKE
Your Life
MATTER:**

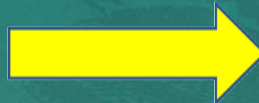
A Study in Ecclesiastes

**1. Depend on
God's
providence.**



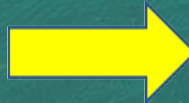
**Appreciate the
moment.**

**2. Submit to
God's will.**



**Stay calm w/
change.**

**3. Be prepared
for all things.**



**Choose
contentment w/
God's will**

2 Peter 3:8–13

⁸ But do not overlook this one fact, beloved, that with the Lord one day is as a thousand years, and a thousand years as one day. ⁹ The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance. ¹⁰ But the day of the Lord will come like a thief, and then the heavens will pass away with a roar, and the heavenly bodies will be burned up and dissolved, and the earth and the works that are done on it will be exposed

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2 Peter 3:8–13

¹¹ Since all these things are thus to be dissolved, what sort of people ought you to be in lives of holiness and godliness,¹² waiting for and hastening the coming of the day of God, because of which the heavens will be set on fire and dissolved, and the heavenly bodies will melt as they burn!¹³ But according to his promise we are waiting for new heavens and a new earth in which righteousness dwells.

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***Our happiness depends on
understanding God's will.***

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contentment
Our ~~happiness~~ **depends on**
~~understanding~~ **God's will.**
accepting

life

~~contentment~~

Our happiness depends on
~~understanding~~ **God's will.**
~~accepting~~
faith in

MAKE
Your Life
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life

~~contentment~~

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