**What is the difference between stress and distress?**

**Part 1**

Stress moves us closer to functional thinking and acting.

1. Our body knows how our mind handles challenges.
* The need to problem solve can cause us to sweat.
* The need to plan can cause us to look at our abilities to act.
1. Our mind knows how our body handles challenges.
* The need to problem solve can cause us to fight or flight.
* The need to plan can cause us to look at a fight or a flight.

Distress moves us away from functional thinking and acting.

1. If we choose to ignore the requirements of life.
* Failing to respond to the needs to problem solve our challenges in life can bring on unhealthy outcomes.
1. If we choose to ignore the requirements of life.
* Failing to respond to the needs to plan for challenges we will have in life can bring on unhealthy behaviors.

Is my life under the control of peace, hope, and love?

 If I do not submit to my need for peace, hope, and love --- I will live in distress.

**What is the difference between Stress and Distress?**

**Part 2**

-What happens to the body when we are not at peace?

-What happens to the mind when we are not at peace?

What do we feel like when we have not made any effort at solving the basic problems that we all encounter in our lives?

* What happens to us when we do not have solutions to problems but only have more problems?
* What does problem solving look like? Name 4 main ways to look at what needs to be done about the problems we have in our lives?

-What do I want ?

-What do I have now?

-What information do I need to go get ahold of that deals with what I want?

-What am I willing to do in order to get closer to what I want?

Basic problem solving always begins with the ability to confess these four fundamental requirements.

If we have a better day today than we had yesterday…… will we hope to continue to have better days ahead?

**What is the difference between Stress and Distress?**

**Part 3**

* **Peace of Mind ---- A state of existence where we are held to a standard of keeping ourselves under control. The imagination does not have control of my attention.**

Stress Distress

Facts are understood. Facts are ignored.

We reach out to those whom we trust. We distance ourselves from trust.

We work with resources to find solutions. We look to others to carry our weights.

* **Hope for tomorrow ---**

Stress Distress

We hold on to what we know is true. We won’t let go of past injuries.

We see today as having many We are blind to any signs that lead to

opportunities to find resources. finding help.

We sleep in order to rest up for We sleep in order to escape our

managing our responsibilities. responsibilities.

* **Love for myself and for others----**

Stress Distress

I congregate with others where I know I avoid any groups that require me to

Truth is taught and friendship is given. Listen to any words of reasoning.

I build relationships that hold me I destroy relationships that are based on

accountable. healthy values and common boundaries.