

Featured Presenter

*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.*

-REINHOLD NIEBUHR



Dr. Pamela Coburn-Litvak has published research articles on stress in the journal *Neuroscience and Neurobiology of Learning and Behavior*. After receiving a PhD in Neurobiology & Behavior from the State University of New York at Stony Brook, she served as both Assistant Professor of Physiology & Pharmacology and Special Assistant to the Vice President for Research Affairs at Loma Linda University in Loma Linda, California. In 2007, she founded Rock@Science LLC, a company that specializes in health and science education and web site design. She developed and wrote the brain/body physiology segment of the Stress: Beyond Coping seminar by Dr. Skip MacCarty, DMin. She currently lives in Kalamazoo, Michigan, with her husband and 2 daughters.

Additional Presenters

Skip MacCarty, DMin
Fellow of the American Institute of Stress

Becki Nelson, RN, MPH
Certified Family Nurse Practitioner

Darryl Bentley, Pastor
Chaplain's Assistant, U. S. Army in Iraq



Beyond Just Coping

A Seminar for
YOU

Seminar Details

Dates: Six Thursday evening sessions starting September 11, 2008

Time: 7:00 to 8:30 p.m.

Location:

Activity Center, Seventh-day Adventist Church
2420 E. Ashman at Abbott Midland, Michigan

Cost: Optional seminar materials available for purchase. Donations will be accepted.

For Information and Registration:

Call 989 687-2555 or 989 832-2779

Topics

- **Stress What It Is and Isn't**
- **Effects of Stress on Body and Mind**
- **Lifestyle Essentials for Managing Stress**
- **The Impact of Attitudes and Beliefs**
- **The Role of Faith**
- **Thriving in a Stress-Filled World**

"For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart."

Jeremiah 29:11-13 (The Bible, KJV)

More about 

STRESS Beyond Just Coping

How This Seminar Will Benefit YOU

Managing stress is literally a matter of survival in today's world. Stress comes at us from all directions and in many different forms: troubled relationships, financial uncertainty, job insecurity, health problems, loss of friendships, frequent relocations, uncertainty regarding the world, the future . . . the list goes on! How does one cope?

The human body is engineered to manage any short term emergency. An emergency triggers complex hormonal responses which prepare us to deal with the situation. Adrenalin flows! Muscles tighten! But if stressful situations are intense and prolonged, the hormones that serve us so well in the short term can actually harm us—weakening the immune system, thereby increasing the susceptibility to diseases even killer diseases, impairing mental alertness and making us more accident prone. Chronic stress can be devastating, physically and mentally.

Stress – Beyond Just Coping will provide you with the tools you need to manage the stress in your life and the motivation to use them effectively. In simple terms stress management is as simple as ABC—gaining Awareness, achieving Balance and making Changes.

Awareness: Define the problem!

Early detection of stress and stress overload is vital. Listen to your body! Headaches, backaches, insomnia, irritability, poor concentration, feeling depressed ignoring these warning signals of stress overload can be very dangerous. A heart attack is not the wakeup call anyone wants. Learning to identify stressors is only a start; optimizing the way we respond to stressors is the real first step towards dealing with stress. The seminar will help you examine your attitudes and beliefs so you can better understand your reactions to stress.

Balance: Develop a strategy! Apply the Serenity Prayer.

- Identify components of the problem that are realistically beyond your ability to change. Seek the serenity to accept them. Don't waste energy fighting what you cannot change. Place your trust in the only One who can change the unchangeable.
- Determine what you can reasonably do something about, where your energy could make a difference. Plan and prioritize your strategy. Look at yourself as well as the outside world. How do my attitudes, beliefs and preconceived notions affect my response to the stressors? Seven Proven Keys for managing stress and preventing distress will be included in the seminar.

Change: Work your Strategy!

Stress management can be difficult. Change is not easy! This seminar will use a combination of techniques to help you make the specific changes that can benefit you the most. Guidelines for successful change include being prompt, persistent, flexible, patient, and realistic! Access resources beyond what you already possess through this seminar.

You Can More Than Just Cope – THRIVE!