

NYACS EDUCATORS CONFERENCE 2025

HEALTHY CONVERSATIONS

Starting Healthy Conversations W/ Anyone



DR. STEVEN HARNESS

Steven Harness



Teaching Slides





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DR. STEVEN HARNESS

HEATHER HOLLEMAN



FOUR

MUTUAL
SHARING

THREE

EXPRESS
CONCERN



TWO

BELIEVE
THE BEST

ONE

BE
CURIOUS

“FOUR MINDSETS OF A
LOVING CONVERSATION”

“THE SIX CONVERSATIONS”



1. SOCIAL

2. EMOTIONAL

3. PHYSICAL



4. COGNITIVE



5. VOLITIONAL

6. SPIRITUAL

THEOLOGICAL REFLECTION ASSESSMENT

**WHEN I ENTER A CONVERSATION, I LIKE TO REMIND PEOPLE
THAT GOD IS NEAR. (DUET 31:6)**



**WHEN I ENTER A CONVERSATION, I CAN FIGURE OUT HOW TO
DIRECT THE CONVERSATION TOWARD PRAYER TO HELP OTHERS
“CAST THEIR ANXIETIES? ON THE LORD. (1 PETER 5:7)**

**WHEN I ENTER THE CONVERSATION, I THINK ABOUT HOW TO
COMPLIMENT OTHERS TO ENCOURAGE THEM. (HEBREWS 3:13)**

ONE

**BE
CURIOUS**



Philippians 2:19-20

TWO

BELIEVE
THE BEST

2 Timothy 1:5

THREE

EXPRESS
CONCERN

2 Corinthians 11:1-2

FOUR

MUTUAL
SHARING

Proverbs 18:24



**John Maxwell's story about the
talented singer and her husband.**

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Subtracting Stress

Students, Education, and Life

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$$44 - 10 = ?$$


$$46 - 30 = ?$$

What is Stress?

Stress (Burnout)

Feeling physical or mental pressure; worry.

Stress

A perception of physical or mental pressure that leads to psychological pain.



Common Stress Triggers

- **Work overload**
- **Personal issues**
- **Lack of time**
- **External pressure**

Students, Education, and Life



An Educator's Example

The students are on a small boat during a raging storm (Mark 4:35-41).



Is **STRESS** Related to **FEAR**? **Y/N**



Mark 4:35-41



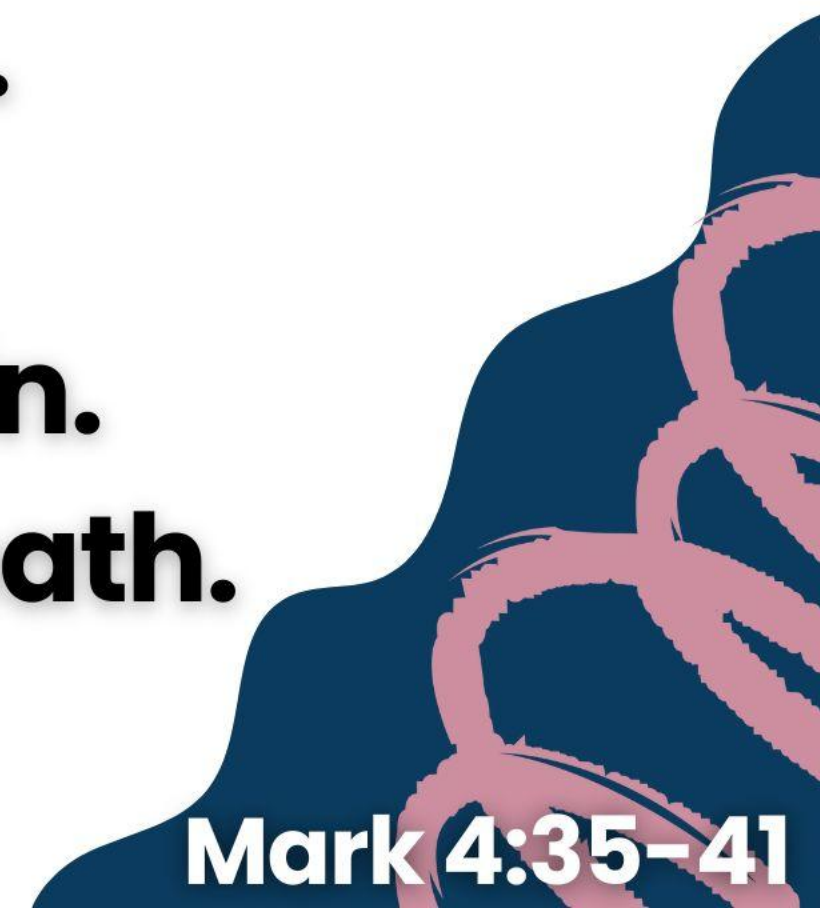
Is **STRESS** Related to **FEAR**? Y/N

Traveling by small boat.

A great storm.

Waves splashed water in.

Feelings of imminent death.



Mark 4:35-41





Subtract **STRESS** by **ADDING...**

REST in GOD. 38

Take CHARGE when NEEDED. 39

COMMIT the problem/stressor to GOD.

Replace FEAR with FAITH.



Mark 4:35-41

Subtracting Stress



**The presence of Jesus
overcomes any stress or
situation we may face.**

Mark 4:35-41



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