



NYCS Educators Conference



Subtracting Stress

Students, Education, and Life



Dr. Steven Harness


$$44 - 10 = ?$$


$$46 - 30 = ?$$

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



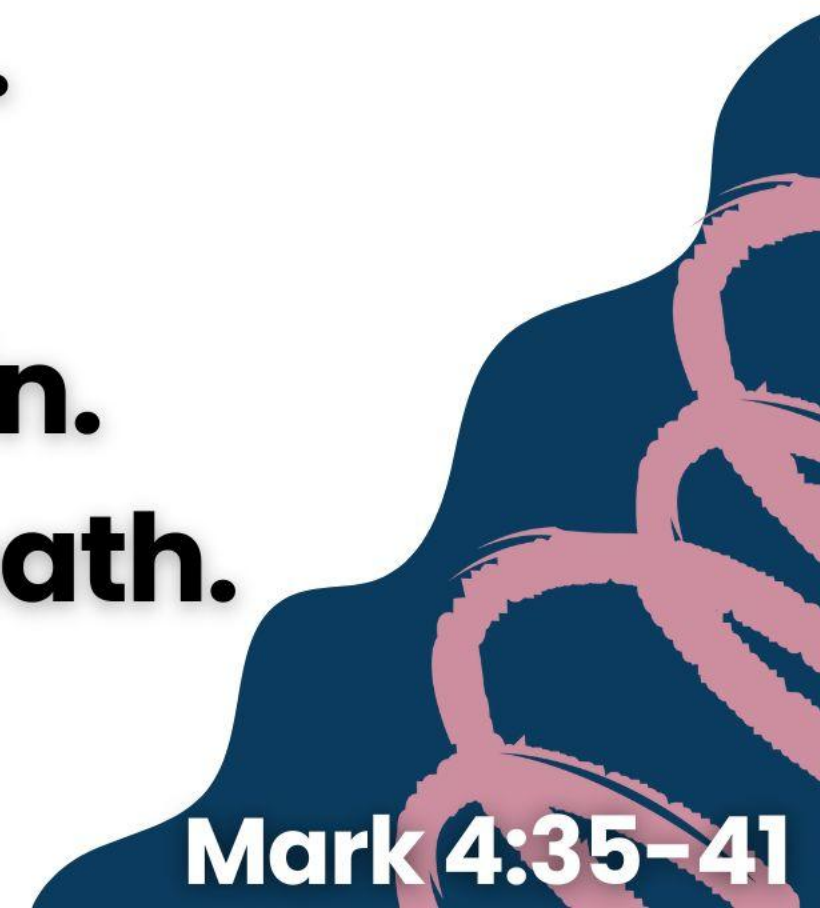
Is **STRESS** Related to **FEAR**? Y/N

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



Steven Harness



Teaching Slides



