

EMOTIONAL RESILIENCE: Our Bodies and Emotions

MY FOUNDATION: Our Bodies Are a Gift From God

Ponder: What blessings have you received from having a body?

WATCH: “God’s Greatest Creation,”

Discuss: How does having a physical body prepare us to become like our Heavenly Father?

Read: “Your ultimate safety in this life lies in never taking the first enticing step toward going where you should not go and doing what you should not do. . . . [As human beings we have physical appetites necessary for our survival.] These appetites are absolutely essential for the perpetuation of life. So, what does the adversary do? He attacks us through our appetites. He tempts us to eat things we should not eat, to drink things we should not drink, and to love as we should not love!” (Russell M. Nelson, “Advice from the Prophet of the Church to Millennials Living in a Hectic World,”

ACTIVITY

Read: The Apostle Paul taught, “What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s” (1Corinthians 6:19–20).

Step 1: With a partner, think of temples you’ve seen or visited. Consider thinking of what you see, feel, smell, and touch at the temple and temple grounds.

Step 2: Together discuss some comparisons between these sacred buildings and ways we can use or treat our physical bodies as temples. Complete the chart below.

TEMPLE BUILDING	MY BODY AS A TEMPLE

Discuss: How can Jesus Christ strengthen us to endure well or even overcome any physical limitation we may have?

COMMIT: I will choose one way I will better treat my body like a temple.

LEARN

1. OUR BODIES ARE A GIFT FROM GOD

Read: Your loving Heavenly Father provided you with the gift of a body to house your spirit. A healthy body is important to being emotionally resilient. As you take better care of your physical health, your emotional health will also improve, and vice versa. Some ways you can better care for the body Heavenly Father has given you include regular exercise, plenty of rest, personal hygiene, and healthy eating.

2. **REGULAR EXERCISE:** Regular exercise can greatly benefit your emotional health. Physical activity stimulates your brain and releases chemicals that help with your emotions and ability to see situations clearly. Taking time to be active can leave you feeling happier, more relaxed, and less anxious. Physical activity can also be an opportunity to use your body and connect with family and friends in a fun, social setting.

On your own, consider your current circumstances. What physical activities could help your emotional health? Write your ideas below

Create a plan to do a physical activity each day this week. Write down activity, length of time.

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

3. SLEEP AND REST

Read: The need for sleep and rest is often forgotten. Elder Jeffrey R. Holland said, “Fatigue is the common enemy of us all—so slow down, rest up, replenish, and refill. Physicians promise us that if we do not take time to be well, we most assuredly will take time later on to be ill”. Quality sleep can help protect your mental health, physical health, quality of life, and safety. When you’re tired, you

might find it hard to make decisions, solve problems, control your emotions and behavior, and handle change.

DISCUSS: How does fatigue affect our spiritual, physical, social, and emotional well-being? How is REST sometimes more than just more sleep?

ACTIVITY

Step 1: On your own, consider the following questions:

In what areas of my life do I need to slow down?

What could I do that would provide me rest?

When could I create space in my daily routine to rest?

Step 2: With a partner, talk about what you can do to rest more

4. HEALTHY EATING

DISCUSS: What are some ways we can better care for the body Heavenly Father has given us?

READ: Make sure to drink plenty of clean water throughout the day. Eat enough of the right food to fuel your body so you have the energy you need to accomplish your daily tasks. In general, consider eating more vegetables, fruit, whole grains, legumes, and nuts. Also consider reducing refined sugar, salt, sweetened beverages, and saturated fat.

5. UNDERSTANDING OUR EMOTIONS:

READ: Your body experiences strong emotions. Becoming emotionally resilient requires you to acknowledge, accept, and respond to your emotions in a healthy way. Emotions are a normal part of our mortal experience. Sometimes your emotions may be strong, and it can be challenging to respond to them. When you allow your emotions to decide your behaviors, you surrender to your emotions rather than using your agency to respond to your emotions.

DISCUSS: How does striving to manage our emotions help us become more Christlike?

READ: The first step in managing emotions is becoming aware of them. One tool that can help is an emotions journal, where you can reflect on the emotions you have felt. In an emotions journal, you record the emotion you feel, the

situation you were in, and the actions you took because of the emotion. Ponder these feelings and situations and then write down your thoughts. As you track your emotions, look for patterns and trends. Consider writing in your emotions journal daily. See the example below.

EMOTION	SITUATION	ACTIONS TAKEN BECAUSE OF THE EMOTION	PONDER
Example Today I felt angry and hurt	I got in a big argument with my dad	I got really upset and yelled at him and lashed out at my friends. I felt bad about it.	I should talk to my dad about how I feel instead of getting angry at him.
Today I felt joy and love	I heard a heart -felt prayer that touched me.	I thanked Heavenly Father for His love, and I thought about how I pray	I want to feel this way again by trying to connect better to Heavenly Father through prayer.

READ: Elder Richard G. Scott taught, “Yielding to emotions such as anger or hurt or defensiveness will drive away the Holy Ghost”. Of course, we will all feel anger and hurt at times. Sometimes we are even justified in feeling these emotions. However, it is important for us to resolve these feelings if we want to better connect with the Lord and feel the Spirit.

DISCUSS: How can learning to manage your emotions help you more easily feel the Spirit? In what ways can managing your emotions help you with life?

6. SELF-CARE

READ: When you face challenges, you need to do all you can to take care of yourself. Doing all you can means using the resources you have in your life to support you in whatever challenges you are facing. Below is a list of ideas for self-care. Put a + by the ones you use and a ++ by the ones you will try this week.

- Take a nap
- Visit with a friend
- Slow down
- Take a shower or bath
- Exercise
- Read a book
- Listen to music
- Create something

- Pray
- Take a walk
- Make a list of things you are grateful for
- Enjoy a nice meal
- Dance
- Sing
- Use relaxation techniques

On your own, consider the following questions:

What do I currently do to take care of myself?

What activities might I try to take better care of myself?

When can I make time to take better care of myself?

PONDER

Individually think about what you have learned today, and consider what God would have you do. Read the scripture passage and write your responses to the questions below.

“And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones; and shall find wisdom and great treasures of knowledge, even hidden treasures; and shall run and not be weary, and shall walk and not faint. And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen” (Doctrine and Covenants 89:18–21).

What are the most meaningful things I learned today?

What is one thing I will do as a result of what I learned today?

COMMIT

MY COMMITMENTS

A I will choose one way I will better treat my body like a temple.

B I will write down one thing I am grateful for each day and thank God for it.

C I will work on my personal commitment from the “Ponder” section.

D I will share what I’ve learned with my family or friends.