



The Big Five

The state of our physical being influences the clarity of our thinking and the management of our emotions, both of which are important in processing and problem-solving stressful situations.

When a difficult situation arises, we often quickly jump to analysis and action, leaving out an important first step in managing stress – the assessment of our physical being.

The Big 5 is a quick way to assess if our current state of physical well-being is helping or hindering us in effectively doing the mental/emotional work needed to effectively process and problem-solve stressful situations.

#1. Have I had my devotions today? Have I connected with God and filled my mind and spirit with the truth of God's word today?

"All scripture is God-breathed and useful...so the servant of God may be equipped for every good work."

"His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness." (2 Tim. 3:16-17 & 2 Peter 1:3)

#2. When was the last time I had a glass of water? Am I dehydrated?

According to studies, mild dehydration can affect mood, energy levels and the ability to think clearly.

#3. When was the last time I moved my body and got some exercise?

The psychological and physical benefits of exercise help to improve mood and reduce anxiety.

#4. What did I eat at my last meal? Did it leave me feeling satisfied or hungry for something else?

There is a growing body of research that links quality of diet with depression and anxiety in both children and adults.

#5. How much sleep did I get last night? Do I need to take a nap?

Studies of the nervous system suggest that a good night's sleep is associated with mental and emotional resilience, while chronic sleep deprivation is associated with negative thinking.

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