

## AND BE IN HEALTH - IV

### "How Negative Emotions Affect Our Health"

#### I. NEGATIVE EMOTIONS CAUSE BODY TO RESPOND IN A HARMFUL WAY

- A. Hormones from the pituitary, adrenal, thyroid, and other glands can cause diseases in almost any part of the body
- B. Adrenal glands release chemicals that cause increased heart rate, blood sugar, blood fats, blood pressure, respiratory rate, and perspiration; irregular heartbeats and slowed digestive processes
- C. When I repress my emotions, my stomach keeps score
- D. Negative emotions left unchecked for weeks and months can lead to high blood pressure, stroke, heart attack, ulcers, migraine, colitis, skin disorders, allergies, asthma, or depression
- E. Cancer has been associated with long-term negative emotions
- F. Emotional factors often crucial in producing rheumatoid arthritis-- unhappy events and long periods of sustained emotional strain almost always preceded the first painful attack of arthritis

#### II. FEELINGS OR EMOTIONS DETERMINED BY THOUGHTS WE DWELL ON

- A. Our minds have the ability to manufacture hundreds of chemicals that can help us feel better
- B. Attitudes that can cause disease include fear, jealousy, envy, rage, resentment, and hatred
  - 1. Negative thoughts produce loneliness, feelings of rejection, revenge, failure, despondency, and depression
  - 2. Disease producing emotions concerned with coddling self
- C. *Let this mind be in you that was in Christ Jesus*

#### III. WORRY AND FEAR

- A. Worry one way we produce negative thoughts and emotions
- B. Long and continuous stress completely exhausts a person
- C. Sleep refreshes healthy exhaustion of hard work, but not be harmful weariness of constant worry
- D. Harvard Study on reasons to worry
  - 1. 40% never occurs, 30% already occurred in past, 12% are needless, 10% small and petty, 8% are real (some can be controlled, others not)
  - 2. Serenity Prayer
    - "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"*
- E. When worry, not trusting God, but fearing the outcome of a situation over which we have no control
- F. Worrying over things we can control can cause stress

#### IV. DEALING WITH STRESS

- A. Stress itself not positive or negative--but the way we respond to stress
  - 1. Can respond with fear, worry, and anxiety
  - 2. Can open door to disease
- B. Cats and Crocodiles
- C. Type "A" personality
  - 1. Time-consciousness or hurry-sickness
    - a. Never relax, always on the go
    - b. Subject to burnout
  - 2. Extremes in competition
  - 3. Tendency to use people to achieve personal goals
  - 4. Inner hostility--due to constant pursuit of unreachable goals
- D. Cure for Type "A" personalities
  - 1. Make it a daily practice to be still and know I am God
  - 2. Refuse to compare yourself with others--rejoice in other's accomplishments
  - 3. Give yourself to others without expecting anything in return
  - 4. Set realistic goals which are attainable
- E. How to manage stress
  - 1. Diversify stressful agents
  - 2. Avoid long exposure to stress
  - 3. Concentrate efforts on what you can do well to help build self-confidence and feel better about yourself, thereby reducing stress
  - 4. Take a positive attitude
  - 5. Exercise
  - 6. Learn to relax
  - 7. Replace fear with faith
    - a. Meditate on God's Word
    - b. Allow our minds to be fixed on Christ

#### V. ANGER

- A. People with high blood pressure, keeping anger inside increases risk of premature death 5 times
- B. Forms of anger
  - 1. Resentment
  - 2. Rage
  - 3. Hate (Excerpt from "None of These Diseases")
  - 4. Bitterness
- C. Learn to replace bitterness with forgiveness and joy
  - 1. Pr. 17:22 - *"A merry heart doeth good like a medicine: but a broken spirit drieth the bones."*
  - 2. Pr. 14:30 - *"A sound heart is the life of the flesh: but envy the rottenness of the bones."*

#### VI. FEAR

## VII. DEPRESSION

### A. Loss of hope

1. In one study of open heart surgery, 75% of depressed patients died

2. Depressed people resign themselves to untimely deaths

### B. Prisoners of war often die from despair and deprivation of human support and affection

1. Captives of Concentration Camps

2. Japanese preacher who survived imprisonment because of positive outlook

### C. Excessive grief can trigger onsets of ulcerative colitis, rheumatoid arthritis, coronary artery disease, and many other diseases

## VIII. REPLACE NEGATIVE EMOTIONS WITH FRUIT OF SPIRIT

A. Responses of the Spirit include hope, faith, love

B. Responses of the flesh - worry, selfishness, hate, criticism, anger

Excerpt from None of These Diseases (S. I. McMillen) - p. 74

(Hate makes slaves of us)

The man I hate hounds me wherever I go. I can't escape his tyrannical grasp on my mind. When the waiter serves me porterhouse steak with French fries, asparagus, crisp salad, and strawberry shortcake smothered with ice cream, it might as well be stale bread and water. My teeth chew the food and I swallow it, but the man I hate will not permit me to enjoy it.

King Solomon must have had a similar experience, for he wrote: *"Better a dish of vegetables, with love, than the best beef served with hatred."*

The man I hate may be many miles from my bedroom; but more cruel than any slave driver, he whips my thoughts into such a frenzy that my innerspring mattress becomes a rack of torture. The lowliest of the serfs can sleep, but not I. I really must acknowledge the fact that I am a slave to every man on whom I pour the vials of my wrath.