

Do you have members who are trying to follow God and do what is right but struggle with stress? What they need is Mind Body Faith.

As Christians we can know God's word and believe it is absolutely true. We can review His promises, pray, and even ask for His peace and protection but still end up feeling anxious and worried. A big reason for this is that our body's internal alarm system is still signaling danger and sending a fight or flight warning throughout our body despite what we know and believe.



Hi, my name is Steven Baerg and I am a recovering chronic stresser. Not that long ago I didn't realize specifically turning down the alarm signal in my brain could greatly improve my felt sense of agreement between what I knew and believed and what I felt. As a result, I found myself closed in a storage room hoping no one would find me stressing over having way too much to do, not being able to keep up and worried my job could be in trouble if my bosses found out. I was tense, anxious, and had difficulty focusing but was crying out to God and asking for help. That wasn't my last visit to the storage room but slowly over time God began to show and teach me how to trust Him more and stress less. I would be lying if I said I never get stressed now but it is way less often and lasts for far shorter periods of time. What I have learned through my journey from stressed to blessed is what I share with those who want to live freed from stress freed for Christ in them.

My Stress Relief seminars answer the frustrating questions: "Why am I still so stressed when I'm a Christian trying to follow God and do what is right? And what can I do about it?"

My seminars are based on the **7 Steps for Deeply Felt Confidence In God's Promises and Blessings** I have learned through my own journey to less stress and more faith.

- 1) Pray for faith
- 2) Develop constant awareness of His promises
- 3) Follow the conditions of His promises (obedience)
- 4) Learn God's forgiveness and grace
- 5) Experiencing God actively involved in your life
- 6) Body sensations – felt sense (how our brain works)
- 7) Making peace with the past – and answering "Where was God when?"

Topics can include:

The Biology of Belief - roles of the mind, body, and spirit in felt trust and how it can go wrong.

How to Make Stress Reducing Decisions – God's design for operating for your mind

Trauma – how it can rewire your brain and distort your felt sense of faith (and two things you can do about it)

Raising Relaxed Confident Kids – (an optional special presentation for parents)

Cost: Only the cost of my expenses: travel, food, and lodging if needed. No honorarium required. (Note: I usually travel with my wife)

Format: Flexible from a single presentation (IE Sabbath sermon only), to a multi day weekend (IE Friday evening, Sabbath AM, Sabbath sermon, and Sabbath PM) or something in between.

Style: Depending on the requested presentation, some interaction with audience and question / answer sessions when the schedule permits.

Equipment: I use power point slides in most of my presentations so a computer and projector would be helpful. If not available or not easily used, I can supply my own and only require a screen.

Donations: No donations will be requested or accepted. I am not operating a nonprofit ministry.

Financial Structure: I am operating as The Stress Relief Coach under the limited liability company structure registered as: Extraordinary Life Solutions LLC

My Financial Return: I sell stress relief products and stress relief life coaching services as my method of making money. Unless a church or organization specifically wants me to make a direct sales offer, I will not. Instead I offer free e-guides (like "Three Simple Ways for Christians to Reduce Stress and Get Better Sleep Today") to any audience member who would provide their name and email address. After receiving their free e-guide they will be enrolled in my email list to receive stress relief articles and occasional offers for my products and services. I rarely email more than a couple of times a week and at least 75% of the emails are simple tips and strategies for reducing their stress and or increasing their faith. My priority is to provide truly beneficial information and build a positive relationship with my subscribers even if they never hire me for anything. I believe that approach will eventually result in long term happy clients and a good business as well as representing God best.

In considering if I might be a good fit for a seminar at your church, you may find this info helpful:

I have developed a one on one stress relief coaching program, called From Exhaustion to Exhilaration and written a sleep guide entitled "The Daily Deep Sleep Checklist and Good Morning Guide - For Christians". Both are available through my website <http://thestressreliefcoach.com/stress-relief-options/>

I am a regular member at the Coalinga SDA church in Coalinga CA and often present the sermon or Sabbath school lessons there. You can contact my pastor, Edwin Perla at (650) 906-2680 or email at: eperla@cccda.org

I have a Masters degree in Social Work and am a Licensed Clinical Social Worker (LCSW) in the state of CA. I have worked as a therapist for Arizona Baptist Children's Services including providing counseling for pastors. In my current "day job" I have worked for the state of

California providing mental health services for over eight years, first at Coalinga State Hospital and currently at Pleasant Valley State prison. I am also a member of the American Association of Christian Counselors.

Finally, I consider it my calling to help others learn to restore and use their mind, body, and spirit in harmony with God's design so they can live free of the frustration, fear, and pain that interferes with Christ living fully in them and through them. And since stress is such a huge cause for numerous health problems, I consider effective stress relief to be a critical second part to the health message.

Please contact me at: Steven@TheStressReliefCoach.com or (559) 999-3741

May you and your members live freed from stress freed for Christ in you!

Steven

