

LATTER DAY MISSIONARIES TOOLING-UP ASSIGNMENT

LESSON 1 | A MISSIONARY'S GUIDE TO STRESS LESS

Lesson Recap

In this lesson, we explored:

1. The Stress Response: understanding what stress looks and feels like in your body, emotions, and behavior.
2. Your Personal Stress Triggers: identifying specific situations or events that tend to cause stress in your life.
3. Stress Management Tools: learning simple, effective ways to manage stress and stay grounded, such as deep breathing, journaling, and taking breaks.

This Assignment

This assignment has two small but impactful components.

Part 1: Identify and Ask Your Accountability Partner (AP)

Accountability can play a huge role in helping you stay motivated and supported as you practice mental health skills. Follow these steps to identify and invite an accountability partner.

1. Choose Your AP. Think about someone in your life who could be a supportive presence. This could be a friend preparing for a mission, a family member, a church leader, or even a mentor.
2. Reach Out to Them. Once you've identified your AP, ask them if they'd be willing to take on this role. You can use the sample message below to guide your request.

SAMPLE MESSAGE

Hi [Name]!

I'm taking a course to help prepare missionaries for better mental health through a program called Latter Day Missionaries. As part of the course, I'm looking for an accountability partner, someone I can check in with regularly to share insights, goals, and progress.

Would you be open to being my accountability partner? Here's what it would involve:

- *I'll share my takeaways and goals with you after each of the 12 lessons.*
- *I'll check in with you to let you know how I'm doing with assignments.*

- *If you'd like, you could check in with me as well to see how things are going.*

The time commitment is flexible and can range from a few minutes to an hour each week, depending on your availability.

Having you as a supportive presence would mean a lot to me!

3. **Confirm Their Support.** Once your AP agrees, let them know how much you appreciate their willingness to help you.

Part 2: Share and Discuss Your Stress Triggers with Your AP

After confirming your AP, schedule time to have an open conversation about stress. Here's what to do.

1. **Share How Stress Affects You.** Describe how stress shows up for you physically, emotionally, and behaviorally. For example, do you feel tense, anxious, or overwhelmed? Ask your AP how they experience stress to make it a two-way conversation.
2. **Discuss Your Personal Stress Triggers.** Share what you learned about your specific stress triggers in this lesson. For example, are deadlines or social expectations particularly stressful for you?
3. **Talk About Stress Management Tools.** Share a few strategies you plan to use to manage stress during your mission. Use the "20 Different Tools to Help You Stress-Less" document for inspiration, and ask your AP for ideas that have worked for them.

Tips for Success

- **Intentionally Choose:** Your AP should be someone you trust, who will provide encouragement and accountability.
- **Be Honest and Open:** Share your experiences with stress so your AP can support you effectively.
- **Make It a Two-Way Conversation:** Ask your AP how they handle stress. It could help you gain new insights.
- **Practice What You Learn:** Try out stress management techniques regularly and share your progress with your AP.

Words of Encouragement

This assignment is about setting the foundation for better stress management throughout your mission. By finding an accountability partner and openly sharing your experiences, you're taking an important step toward building resilience and staying mentally healthy.

You've got this. Remember, small and simple steps can lead to big changes!

Reflection Questions (Optional)

At the end of this assignment, take a few minutes to reflect.

- Who did you choose as your accountability partner, and why?
- How did it feel to share your stress triggers and stress management strategies?
- What new insights did you gain from this conversation?