

DIS-STRESS

Good stress is something that can help you keep focused or stay sharp. It can motivate you, for instance, to accomplish goals or to finish tasks with greater urgency or attention to detail. Some stress can be joyful, exciting, and challenging.

The very way we think or feel about a situation and how we approach it can make the stress “good” or “bad.”

Bad stress can affect your mind, body, AND soul in **negative ways**.

Great. I'm stressed. My body knows it. I know it. Where do I go from here?

PRAYER

In 1 Thessalonians 5:17, St. Paul urges Christians to “*pray without ceasing.*”

- Petitionary (request) prayer to God
- Journaling
- Listening to music. Ideally, worship...but definitely nothing angry or depressing
- Meditative, contemplative prayer time

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.”
– Matthew 7:7

EXERCISE

Regular exercise will remove the build-up of the toxic effects from the stress and use the “stress hormones” in a positive way instead of in a harmful way. Studies show that even a brief 10-minute walk during intense times will increase oxygen in your brain, allowing you to think more clearly and therefore make better decisions.

EAT HEALTHY

Eat foods that contain healthful sources of nutrients. God designed these nutrients to help your body with energy needs and to build and repair damaged tissue.

“Do you know that your body is a temple of the Holy Spirit within you, whom you have from God.”
– 1 Corinthians 6:19

SENSE OF HUMOR

“A joyful heart is the health of the body, but a depressed spirit dries up the bones.” – Proverbs 17:22

Don't lose your sense of humor. Put yourself in a position to laugh often. Anything you can do to regain perspective is time well spent.

Stress, to a certain degree, is inevitable. How you respond to it will determine your growth. Take steps to manage stress as God would desire for you to do.

"I have told you this so that you might have peace in me. In the world you will have trouble, but take courage, I have conquered the world." – John 16:33

"Trust in the Lord with all your heart, on your own intelligence do not rely; In all your ways be mindful of him, and he will make straight your paths." – Proverbs 3:5-6

We need to trust in God and give our stresses, fears, insecurities, and "need to control" over to Christ.

- Make a commitment to more actively and regularly inviting Christ into your day. Spend time in relationship with God.
- He knows your struggles, fears, and needs. He understands your worries and concerns. He desires to walk through life with you and give you strength.
- Seek out the lessons that He desires to teach you through your circumstances. Look for His mercy and strength to carry you. This is the foundational element in total wellness of heart, soul, mind, and strength.

God created us to need one another, reach out to friends and family and others who will commit to pray with and for you, support you, and lift you up.

Loving God, please grant me peace of mind and calm my troubled heart. My soul is like a turbulent sea. I can't seem to find my balance, so I stumble and worry constantly. Give me the strength and clarity of mind to find my purpose and walk the path you've laid out for me. I trust your Love God and know that you will heal this stress. Just as the sun rises each day against the dark of night. Please bring me clarity with the light of God. In your name I pray. Amen.