



Session VII: Helps for handling stress (Part 2)

Anyone get stressed over the news? Is it worth it?

**STRENGTH FOR TOUGH TIMES
CONTENDING SUCCESSFULLY
WITH LIFE'S CHALLENGES**

Review from last time:

- Events and circumstances are stressors.
- Our body's response to to an event or circumstance is stress.
- Think of stress as a condition where neither fight nor flight are live options.
- To be physically healthy we **must** learn to live with stress

_____ living is the goal of our lives (Matt. 5:48)

A big question for evaluation: "Am I my brother's keeper?" If so, to what extent?

- World at large
- The close world
- Family, fellow church members, friends

Part Two: Let's work on doing better with stress

The sad example of poor Job (chapter 3)

Important: **you have control of how you respond to events and circumstances in your life**

Steps to living effectively with stress:

1. Learn and become self-aware about stress
2. Recognize and re-think your stressors (change those inner messages)
3. Run up the white flag (Phil. 4:11-13)
4. Trust God for wisdom and strength (James 1:5; Isaiah 40)
5. Appreciate humor and irony in situations
6. Plan for and guard priorities
7. Commit to important projects and activities
8. Take good care of your body (food, exercise, relaxation, sleep)