CONQUERING STRESS HANDOUT

The Lord helps the fallen
And lifts up those bent beneath their loads.
Psalm 145:14 NLT

Key Point # 1: What causes stress? What’s the difference between good stress and bad stress?

Key Point # 2: Understanding internal stress (demands or expectations we put on ourselves) and external stress (demands and expectations that other’s or life’s circumstances put on us).

Internal demands:

I need to do more
I have to be perfect
I am not enough
I have to make people happy for me to be okay

External demands:

Financial pressures
Time demands –
Multitude of choices
People’s expectations of us
Key Point # 3 We must learn to manage stress – both internal and external if we want to be healthy and make good choices.

Stress overload is a contributing factor in many cases of depression.

Key Point # 4 Four things you can do to manage stress instead of being overwhelmed by it.

1. Take Better Care of Your Body
   Exercise
   Eat healthy
   Relaxation techniques
   Breathe 4 x 4 x 4 x 4

2. Accept Your Limitations

3. Prioritize Your Resources
   You have four key resources
   Are you living within your resources?
   Are you always overdrawn?
   Do you budget your resources in line with your values and priorities?

4. Learn to Get Quiet With Yourself and With God
   Read
   Journal – putting what’s stressing you on paper can be extremely helpful for you to see what’s going on and developing an action plan
   Practice sitting still – totally quiet for 5 minutes.
Key Point # 5: Remember these quick stress-busters

♦ Prioritize and say "no" when you need to.
♦ Slow down and stop living your life in a hurry.
♦ Stop procrastinating. It causes stress because things get backed up.
♦ Remember you’re not God and are not omnipotent.
♦ Meditate on God’s perspective and his character.
♦ Let go of what you cannot control and change.
♦ Practice deep breathing and learn relaxation.
♦ Have fun and enjoy the little things of life – beauty, nature, music.
♦ Exercise – burn off that extra adrenaline.