

STRESS MANAGEMENT

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WHAT IS STRESS?

- Mental or physical tension or strain
- It involves the pressures of life and how you perceive, believe, react and cope with them
- Stressful feelings are often the result of- the demands placed upon us by everyday life and the major lifestyle changes with which we must deal

What is stress?

- It is a result of how an individual interprets the events in his or her world
- It is the wear & tears our bodies experience as we adjust to our changing environment
- We will never eliminate stress; our aim will be to manage it

Causes of stress

- Finances
- Work
- Family
- Personal concerns
- Personal health & safety
- Personal relationship
- Death
- Politics

Not all stress is bad, a little stress can be good and too much can be very bad

Signs and Symptoms of Stress

- Irritability
- Poor performance at work
- Anxiety
- Nervousness
- Depression
- Forgetfulness
- Problems concentrating and making decisions
- Headaches
- Insomnia

Managing stress

- Stress is not new: Psalm 61:2
- Understanding how to deal with the root causes of stress is a vital key to managing it
- Unmanaged stress is dangerous and can cause tremendous damage to our lives, our marriages and our families

Physiological Responses to Stress



Managing Stress

- Identify stress
- Listen to your body
- Consider options
- Take action
- Never compare yourself with anyone, be content with what you have.
- Don't stress yourself on what you cannot control but leave it to God

Marriage and Stress

- Your spouse has an enormous influence on your life- he/she can have a profound effect on your health
- A study (Robles & Kendall, 2003) noted that marriage can add years to a person's life, can lower the risk of all sorts of diseases such as cancer, heart disease, etc
- Caring spouses encourage each other to eat right, exercise, take vacation and choose a healthy life style
- Close and supportive companionship also acts as a buffer against stress
- Unhappy marriage can drag partners down in body and spirit

Exercise – a strategy

- Healthy eating
- Exercise – Psalm 29:11 it helps in releasing pent-up stress & negative emotions.
 - Relaxation therapy –reduces anxiety and stress,
 - Essential oils added to bath water, soak in the tub for at least 20 minutes
 - Regular aerobic exercise
- Find time to rest/ go on vacation

Mental Strategy

- Isaiah 26:3 you will keep him in perfect peace, whose mind is stayed on you, because he trusts in You
- Renewing your mind; Romans 12:2; Eph 4:23
- Watch your thoughts and words

Spiritual Strategy

- Develop a new belief system – that sees God as the one in control of your life. Matt 6:33. Get a degree- BA- be Born Again
- Remove the roots of stress
- Practice forgiveness – holding on to unforgiveness doesn't punish the individual who wrong you, it destroys you through the roots of stress. Matt 11:25-26
- Learn to love 1 Corin 13:8 build and maintain the ties of relationship. Walk in love
- Learn to laugh Prov 17:22

Summary

- Take time to reflect on your life situations and examine your priorities
- Take stock of your relationships
- Believe in your own abilities to generate personal power
- Assess your strength & weaknesses, devise an action plan to build on your strengths & improve your weaknesses
- Choose not to be stressed
- Don't allow fear of the unknown, you have the all knowing and all loving God as your father
- Make God your first priority