

Dealing with Stress



Worrying Yourself to Death ~
Literally

Philippians 4



☞⁴ Rejoice in the Lord always; again I will say, rejoice.

☞⁵ Let your reasonableness be known to everyone. The Lord is at hand;

☞⁶ do not be anxious about anything, **but in everything by prayer and supplication with thanksgiving let your requests** be made known to God.

Philippians 4



☞⁷ And the **peace of God**, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4



✧⁸ Finally, brothers, whatever is **true**, whatever is **honorable**, whatever is **just**, whatever is **pure**, whatever is **lovely**, whatever is **commendable**, if there is any **excellence**, if there is anything worthy of **praise**, **think about these things**.

✧⁹ What you have learned and received and heard and seen in me – practice these things, and the **God of peace will be with you**.

Matthew 6



- ☞²⁵ “Therefore I tell you, **do not be anxious about your life**, what you will eat or what you will drink, nor about your body, what you will put on. **Is not life more than food, and the body more than clothing?**
- ☞²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. **Are you not of more value than they?**

Matthew 6



☞²⁷ And which of you **by being anxious** can add a single hour to his span of life?

Matthew 6



- ☞²⁸ And why are you **anxious about clothing?** Consider the lilies of the field, how they grow: they neither toil nor spin,
- ☞²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these.
- ☞³⁰ But if **God so clothes the grass of the field,** which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, **O you of little faith?**

Matthew 6



- ☞ ³¹ Therefore do not be anxious, saying, **'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'**
- ☞ ³² For the Gentiles seek after all these things, and **your heavenly Father knows that you need them all.**

Matthew 6



☞³³ But seek **first the kingdom of God and his righteousness**, and all these things will be added to you.

☞³⁴ “Therefore **do not be anxious about tomorrow**, for **tomorrow will be anxious for itself**. Sufficient for the day is its own trouble.

What is Stress?



☞ Stress is the inability of a person to properly respond to a situation which they may view as a harmful to their mental or physical wellbeing.

☞ Unmanaged stress may lead to depression.

Causes of Stress (Stressors)

- ❧ Placing unrealistic expectations on yourself
- ❧ Workplace
- ❧ School
- ❧ Relationships
- ❧ Unpredictable events
- ❧ Being in certain environments (e.g. crowds)
- ❧ Life changing events
- ❧ Not being in control
- ❧ Procrastination
- ❧ **Hundreds of other situations**

Stress Displayed



- ❧ Feeling Tense
- ❧ Feeling Afraid
- ❧ Headaches
- ❧ Inability to Sleep
- ❧ Heart palpitation
- ❧ Often Sick
- ❧ High Blood Pressure

Stress Displayed



- ❧ Short tempered
- ❧ Inability to Concentrate
- ❧ Inability to Remember Things
- ❧ Indecisiveness
- ❧ Angry for no reason
- ❧ Constantly Frustrated
- ❧ Easily Irritated
- ❧ Impatient

Stress Displayed



- ❧ Throwing and Destroying Things
- ❧ Throwing Things at Others
- ❧ Yelling at Others
- ❧ Pacing the Floor
- ❧ Biting Your Nails

Stress Displayed



- ∞ Increased eating
- ∞ Smoking and Drinking
- ∞ Using Profanity at Others
- ∞ Blaming Others
- ∞ Hitting Others
- ∞ Isolation

R_x: Simplify & Organize



- ☞ Acknowledge that you stressed
- ☞ Accept your limitations
- ☞ Manage your time wisely
- ☞ Say “No”
- ☞ You cannot do it all (delegate)
- ☞ Plan ahead
- ☞ Be realistic
- ☞ Simplify

R_x: Laugh Often



☞ **Proverbs 17:22** A joyful heart is good medicine, but a crushed spirit dries up the bones.

R_x: Friendship



☞ **Proverbs 13:20** Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.

R_x: Count your blessings



☞ **Psalm 103:2** Bless the LORD, O my soul, and forget not all his benefits,

Rx: Pray to God



☞ **Romans 8:26** Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but **the Spirit himself intercedes for us** with groanings too deep for words.

R_x: Cast Your Cares on The Lord

☞ **Psalm 55:22** Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved.

☞ **1 Peter 5:7** Casting all your anxieties on him, because he cares for you.