
STRESS AND ITS EFFECTS

Exodus 18: 17 – 19, 1 Corinthians 15:58

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Introduction

Now that we have agreed to be baptised into the Body of Christ, after hearing the gospel being preached to us, we need to be healthy mentally, emotionally, physically, spirituality etc. to able us follow the gospel till the terminal point, because everyone of us will definitely get to that point in life and as a Christians we are not exempted, so we will be looking at (STRESS) as one of those issues that may affect us in one way or the other as we sojourn on the surface of the earth.

WHAT IS STRESS?

Stress is often difficult to define. What constitutes “stress” may vary from individual to individual.

Stress is now recognised as a global epidemic – According to WHO Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous.

Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. Stress is a response to pressure or threat.

Stress can be defined as a state of physical, mental or emotional strain or tension resulting from demanding or adverse circumstances. Stress is the “wear and tear” our minds and bodies experience as we attempt to cope with our continually changing environment.

Some causes of STRESS

Effect of STRESS on your body

1. Headache
2. Muscle tension or pain
3. Chest pain
4. Fatigue

5. Change in sex drive
6. Stomach upset/Diarrhoea or constipation
7. Sleeplessness

Effects of stress on the body

Stress is closely related to many health concerns (heart disease, obesity, diabetes); domestic and other forms of violence; anxiety, depression and mental illness. Stress triggers a surge of a hormone called adrenaline that temporarily affected the nervous system.

Effect of STRESS on your MOOD

1. Anxiety
2. Restlessness
3. Lack of motivation
4. Lack of focus
5. Feeling overwhelmed
6. Nausea, dizziness
7. Poor judgement

Effect of STRESS on your BEHAVIOUR

1. Over-reacting or under-reacting
2. Anger outburst
3. Seeing only the negatives
4. Drugs or alcohol misuses
5. Tobacco use
6. Anxious or racing thoughts
7. Memory problems

STRESS MANAGEMENT

You may not be in control of the stimuli that bring stress to your life but you have the absolute control of how you respond to the stimuli. The pace of modern life makes stress management a necessary skill for everyone. Learning to identify problems and implement solutions is the key to successful stress reduction.

Create a personal stress list

- Understand interventions – change!
- Change your thinking
- Change your behaviour
- Change your lifestyle
- Seek support

STRESS MANAGEMENT

To deal effectively with stress, you need to think about your physical health, the way you interact with others, and your goals and priorities in life, that is what you

consider to be truly important. This discussion will review some practical principles that can help you to deal better with stress and perhaps even reduce it.

1. Try to live one day at a time: ***Matt. 6: 34.***

Daily anxieties are part of life, but do not increase today's anxiety by adding tomorrow's to them. Try to live one day at a time.

2. Set reasonable standards: ***James 3:17***

Do not be a perfectionist, avoid setting unrealistically high standards for yourself and others. Be modest, set reasonable standards, and know both your limitation those of others, by doing this you will reduce stress all around and even encourage greater success. Laugh always, even though something is wrong, it will relieve tension and brighten your mood.

STRESS MANAGEMENT

3. Know what stress you: ***Prov. 17:27***

Negative emotions can cloud clear thinking, so stay calm. Identify what stresses you, and note your response. When you are stressed note your thoughts, feelings, and behaviour, perhaps even make record of them. Become more aware of your response when stressed and you may be able to deal with it more effectively.

Try to be orderly: *1Cor. 14:40*

Try to maintain order in your life, we like reasonable amount of order in life, one thing that can contribute to disorder and stress is procrastination, and this may lead to a growing list of unfinished task. Make a practical schedule and stick to it, secondly, identify and correct any attitudes that cause you to procrastinate.

STRESS MANAGEMENT

4. Pursue a balance lifestyle: ***Ecc. 4:6***

Workaholics can deprive themselves of the benefits of their “two handfuls of hard work”. They may not have time or energy to enjoy what they worked or labour for. Have a realistic view of work and money, more money does not mean more happiness or less stress. In fact the opposite is the case. ***Ecclesiastes 5:12***, The sleep of a laboring man is sweet, Whether he eats little or much; But the abundance of the rich will not permit him to sleep. So try to live within your means. Make time to relax, you relieve stress when you do what you enjoy.

STRESS MANAGEMENT

5. Take care of your health: ***I Tim. 4:8***

Regular exercise promotes better health, develop healthful habits, physical activities can lift your mood and improve your body's response to stress, eat nutritious food, and try to avoid skipping meals, and be sure to get a enough rest Avoid harmful "solutions" to stress, such as smoking or drug and alcohol abuse. In the long run, these heighten stress, perhaps by robbing you of your health and hard earn money.

See your doctor if your stress becomes overwhelming, getting professional help is not an admission of failure.

Stress Management (Relaxation)

CHANGE YOUR LIFESTYLE

Be physically active to reduce stress and get other heart and health benefits.

- Start gradually and build up to 30 minutes of moderate physical activity daily
- Sleep well to boost your immune system & reduce stress
- Make time for relaxation
- Build a supportive network of friends and family
- Speak out! - let appropriate persons understand the source of your stress
- Cultivate healthy eating habits

CHANGE YOUR THINKING

- Think positive
- Stress leaves us vulnerable to negative suggestions to focus on the positives
- Focus on your strengths
- Look for opportunities to learn from stressful circumstances
- Choose your reaction to situations
- Your perception matters
- Understand what you can control and what you cannot
- Change those things you can control
- Accept those things that you cannot or if it is really important then change your environment
- Prioritise responsibilities
- Plug the holes
- Recognise your limits

CHANGE YOUR BEHAVIOUR

- Plan your day (bite the frog)

- Prioritise goals, duties and activities to make them manageable and achievable
- Cut out time-wasting activities
- Use your commute time constructively
- Learn to say no at times
- Take a break
- Take up a hobby:- theatre, football, reading etc
- Drop the poison
- You deserve some enjoyable moments
- Laugh..... often!
- Indulge in something you enjoy
- Find your quiet time
- Learn to let go

Hans Selye quote: *It is not stress that kills us, it's our reaction to it.*

Conclusion:

Phil. 4: 6 – 9, Romans 8:35, Matt. 6:25, 28, 31 & 34.