



Conquering Stress

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by Jim Hurn

What do you think when you hear the word “stress”?

Regardless of what we think, it’s really important to know what stress is, and even more so, how to cope with it because it’s going to be something that stays close to us most of our lives!

Medical people have said stress is a response of the body to any demand made upon it; a mobilisation of the body’s defences to allow us to adapt to hostile or threatening events, and the way we react physically and emotionally to change.

and concentrate. However not all stress is good and our responses to it, or too much of it, can often have negative results, manifesting themselves in physical or mental complications.

Those who are struggling with stress identify areas they face as coming from aggressive competition in the workplace, pressure around the home, an overload of everyday decision-making, or the body’s limited capacity to cope.

Pressure arises from a situation which demands we adapt to handle a problem, and stress is the unpleasant feelings, sensations and disturbances, both physiological and emotional, that occur as the body is making adjustments.

In the biblical Genesis account, mankind was primarily made for a garden setting with very little pressure; certainly not the highly competitive concrete jungle we have to adapt to today.

All emotional stimuli become harmful if unduly prolonged without necessary relaxation responses. We need time to build up our reserves that will prepare us to meet the next challenge.

Stress symptoms will often appear in four focus areas:

- Physical - tension, fatigue, insomnia, headaches
- Personal - defiance, depression, disorganisation
- Family - poor relationships, rejection, isolation
- Career - drudgery, fear, resentment, jealousy

Stress can be perfectly normal. It’s a part of everyday living and does help us to focus

THE INSIDE RUNNING

We have just completed an extreme renovation of our family home. As I mentioned in the May newsletter, it is one of the most stressful things I have ever done. The scope of work to some extent was an unknown quantity, but once we started we were committed, which brought financial stress.

It also required lots of decisions with long-term consequences. Now lots of our stuff is either no longer required or won’t fit into the house. That’s stuff that cost money to go and find, purchase, haul home, use and store, sort out and ultimately pay to dump. Too much stuff (or not enough) can cause a lot of stress.

Recently I have come to realise that holding on too tightly to ideas, things or people can cause a lot of stress if I become stuck in my thinking. Being flexible enough to accept and embrace change, even when there are lots of negatives, gives me a better attitude to move forward. The only non-negotiable is my relationship with God. How do I move forward with Him today?

May you know ever more peace and joy.

With gratitude

John Subritzky





"Some days it feels really difficult just to keep everything afloat."

➤ One area of living that is a weakness for some is their thought life, which is how they receive, interpret and label life's experiences.

For example, your manager walks past your office and as he glances through your doorway you see him with a sour look on his face. Now, if you are fragile in your emotions and a little insecure in the workplace, you can easily interpret his "look" to mean you are doing an inadequate job and he will be back to follow you up. If your "observation default" has a negative bias like that, you will end up with a day full of worrying. What probably happened is that he ate his lunch too quickly and is suffering indigestion, and you are not even on his agenda. Interpreting the same look as his tiredness, or a dietary problem he is coping with, or some personal problem that has engaged his mind, is nowhere near as frightening.

We can't remove stress from our lives but we can diminish its effects by improving the way we react to it. Always keep in mind that worry only produces more worry!

Promise Keepers has a check list of seven core beliefs that when adhered to help men walk in this world as followers of Jesus Christ with care and compassion. Promise No. 7 makes it very clear that we are to influence the environment we live in by being obedient to the Great Commandment (Mark 12:30-31) and the Great Commission (Matthew 28:19-20). This means living out the teachings of Jesus as revealed in the Bible and sharing the Good News of God's salvation to all.

Quite a calling really, and only achievable by those who know how to cope with stress and live a balanced life.

So, how do we walk in this world of pressure and pain?

Here are some guidelines for the godly...

1. Keep healthy - physically fit, with deep breathing exercises
2. Set attainable goals and make commitments to achieve them
3. Be honest - integrity comes from being true to ourselves
4. Maintain a positive outlook on life, always thinking ahead
5. Stay clear of anger - keep good relationships with family and others
6. Stay connected to God and in tune with His will for our lives

"...Don't let the world around you squeeze you into its own mould, but let God remould your minds from within, so that you may prove in practice that the plan of God for you is good, meets all his demands and moves towards the goal of true maturity" Romans 12:2 [Phillips]

The eminent Russian novelist Alexander Solzhenitsyn, recipient of the Nobel Prize in Literature in 1970, gave a profound answer to a question concerning problem living: "If I were called upon to identify briefly the principal trait of the entire 20th century, here too I would be unable to find anything more precise and pithy than to repeat once again that mankind have forgotten God."

Take time out with God...



Jesus said, "Come to me, all of you who are weary and loaded down with burdens, and I will give you rest". Matthew 11:28

**PROMISE
#1**

A Promise Keeper is committed to honouring Jesus Christ through worship, prayer and obedience to God's Word in the power of the Holy Spirit.

**Next Issue:
MARRIAGE
& FAMILY**

**pure
POWER**

The thunder of His power who can understand? Job 26:14

Men's Events 2014

CHRISTCHURCH 22-23 August
WELLINGTON 12-13 September
AUCKLAND 3-4 October



Power up - Register now!