

## **DEALING WITH STRESS – Alistair Kingwill (2020-08-02)**

FEAR leads to WORRY which leads to ANXIETY which leads to STRESS which leads to BURNOUT and/or DEPRESSION.

General signs of depression include:

- Feeling of pessimism or lack of hope.
- Constant feelings of “emptiness” or sadness.
- Low levels of energy.
- Fatigue.
- Difficulties falling or staying asleep and potentially trouble waking up.
- Change in appetite levels.
- Feelings of shame and guilt.
- Trouble concentrating.
- Memory lapses.
- Difficulty making decisions.
- Lack of interest in activities or things that were enjoyed before.
- Slow or labored movements and speech patterns.
- Restlessness and trouble sitting still.
- Irritability.
- Feelings of worthlessness and low self-esteem.
- Physical discomfort without a medical cause (e.g., headaches, stomach or gastrointestinal upset, muscle aches, pains, or cramps).
- Suicidal thoughts and musings about death.

Signs of high functioning anxiety:

- People-pleasing due to fear of driving people away.
- Procrastinating followed by long periods of hard work to the point of a burnout.
- Overthinking and over-working due to fear of failure.
- Disturbed sleep patterns.
- Unable to relax due to racing thoughts.
- Overly busy due to fear of saying no.
- Self-sabotaging coping methods (drinking, drugs, porn, over-eating, withdrawing).

Stress happens when the demand that is made on us is more than the capacity we have.

Cumulative and continuous stress results in burnout and depression.

## HOW TO DEAL WITH THE DEMANDS PLACED ON US: EAT.

1.) **EVALUATE** your current state (CONNECT with YOURSELF alone and be honest).

What are the triggers that cause stress?

- CONSTANT CHANGE/LOSS.
- UNCERTAINTY (fear of future of country, sickness, failing studies/work).
- FINANCES/PROVISION.

How are you reacting to current circumstances?

- Are you experiencing many of the signs referred to on page 1 for a while now?  
Be honest and write them down.

2.) **ADAPT** and make the necessary changes (CONNECT with GOD and ask for wisdom).

Make sure you are receiving enough energy for what you need to give out.

What can you change?

- Your daily routine and habits: EAT (& drink water), SLEEP, EXERCISE, PRIOTIZE.
- How do you start and end your day?
- Breathing exercises (Holy Spirit is like breath of God).
- Thanksgiving, praise and worship (lifting of hands and head).

What can't you change?

- Make a list.
- Pray.
- Trust God and REST in Him (Matthew 11:28: Come to Me, all you who labor and are heavy laden, and I will give you rest).

3.) **TALK** to someone to keep you accountable (CONNECT with SOMEONE).

- Reach out to a friend and also make a difference in their life.
- Reach out to someone else if possible.
- Reach out to God together.

Nelson Mandela: "I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear".

*Romans 15:13 (NLT)*

*I pray that God, the source of hope, will fill you completely with joy and peace because you trust in Him. Then you will overflow with confident hope through the power of the Holy Spirit.*