



Shepherd Care®

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To Care for People Where They Live and Work

COMMUNITY *Care* TOPIC

People Stress

The single largest cause of stress is those living, breathing people that surround us in our day to day lives.

An Illustration

A carpenter uses a tool called a level. There is a liquid bubble on the level that shows if the wall is square, straight, and “on level.” The challenge for each of us is to “*Live on the Bubble.*” We need to keep things in balance, perspective, and in-line or our lives end up “out of level.”

How to Survive

Here are some tips to survive the stressful relationships in our lives and keep things in balance an “on level.”

- Talk- Try to communicate (talk and listen) to those who you are causing you stress.
- Confront- When others do not respond to general suggestions, sometimes a more direct approach is necessary. Remember to be respectful.
- Boundaries- develop “safe places” and try to encourage people to honor your “personal zone”.

- Patience- Try and give people a break. Do not take yourself so seriously.
- Spend Quality Time- Perhaps it is just a matter of misunderstanding or a distance that has formed in the relationship. Try and spend some time with the person(s) and get on common ground.
- Take Some Time out for Fun- Maybe everyone just needs a break! Relax. Go to a movie, out to lunch, go fishing or golfing. Relax.

Even if we go to a remote deserted island, there would be stress. So short of being a castaway, we need to learn how to survive and co-exist with those around us.

Introducing your Community Chaplain

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“Follow peace with all men, and holiness, without which no man shall see the Lord.”
Hebrews 12:14

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