



Shepherd Care®

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To Care for People Where They Live and Work

COMMUNITY Care TOPIC

A Stress Survival Guide

What is stress and how do we survive it? Stress is pressure, strain, anxiety, constant worry, nervous tension, and trauma. If we can stock and do a personal assessment of our lives to determine any vulnerability, then we can take a proactive approach to better prepare, manage, and survive the stresses of life.

The Survival Plan

In your life you should have a written plan for survival, one that you follow in good times and in times of stress and crisis. Your survival plan should address the three major areas of your life: Physical, Mental & Emotional, and Spiritual. In a notebook title a page with each of the following headings and begin to take control of the areas of your life over which you have some influence:

1. **Physical-** Develop physical and external skills.

Write a physical health survival plan that includes specifics for:

- ✓ Physical Exercise
- ✓ Healthy Nutrition
- ✓ Adequate Rest

2. **Mental & Emotional-** Develop mental and emotional coping skills.

Write a mental health survival plan that includes specifics for:

- ✓ Reading/Learning New Things
- ✓ Developing Healthy Relationships
- ✓ Finding Fulfillment in Work
- ✓ Setting Good Priorities
- ✓ Be Positive
- ✓ Laugh Often

3. **Spiritual-** Develop acceptance skills.

Write a spiritual health survival plan that includes specifics for:

- ✓ Daily "Quiet Time" to Calm and Relax
- ✓ Connection with a Faith Community
- ✓ Relationship with a Spiritual Leader, Pastor, or Mentor

Stress can either manage you or you can manage it. Remember that the goal is to survive each day and every day.

Introducing your Community Chaplain

Eric Kieselbach

(pronounced "key-sill-baa")

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"O God give me serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

St. Francis of Assisi

"Don't be naive. There are difficult (stressful) times ahead."

**2 Timothy 3:1
A Paraphrase**

All Scripture quotations, except otherwise noted, are from the King James Version of the Holy Bible, (Cambridge: Cambridge) 1769. Public Domain