

# Community Care Topic

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Introducing your  
Community Chaplain  
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## 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.

### **Co-Authored Article Series:**

Co-authored by Josiah Kieselbach and Chaplain Eric Kieselbach

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

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