



# Shepherd Care®

Revision Date:  
May 22, 2023

*To Care for People Where They Live and Work*

## COMMUNITY Care TOPIC

### **Breaking the Cycle of Stress**

The only thing worse than a tough situation is when people make poor decisions and turn to unhealthy options in an attempt to relieve the pain and discomfort of stress and frustration, and things then become worse!

#### **Destructive Examples**

- The Bad Day- when a person has a challenging or overwhelming day and in the desire for comfort, the person turns to junk food, poor viewing habits on the computer, or other unhealthy outlets.
- Fox in a Trap- Someone is in a demanding situation and elects to do anything for relief...even as a trapped animal will harm their own being in the drive to escape, so the person makes self-destructive choices.
- A Downward Spiral- This describes the scenarios in which a whirlpool continues to pull a person down into the dark spiral. The spiral becomes a vicious circle that seems to become worse with no apparent way out.

### **Breaking the Cycle**

- ✓ Plant Good Seeds- we harvest what we plant. If we plant and nurture apple seeds then they will grow into apple trees. So, if we sow wild oats and plant bad seeds, then we will reap what we sow (*Galatians 6:7-10*).
- ✓ Make Good Choices- Our choices determine everything. We can choose healthy and positive outlets for our lives or make decisions that will continue to perpetuate the negative cycle (*Deuteronomy 30:15-19*).
- ✓ Behave Appropriately- We can behave in acceptable manners that help alleviate our stressful situations or our repetitive actions can keep our lives in bondage or even make our situation worse (*Romans 13:12-14*).

Please know that you are valuable and important. You have much to offer the world around you. This truth can help motivate us to make the hard and necessary steps to move forward into freedom. Stress can be a large monster but if we take initiative and be persistent we can turn the tide against the cycle of stress!

Introducing your  
Community Chaplain  
**Eric Kieselbach**  
(pronounced "key-sill-  
baa")  
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What is a Cycle?  
A series, sequence,  
phase, or rotation of  
positive or negative  
events.

"I call heaven and  
earth to record this  
day against you, that I  
have set before your  
life and death,  
blessing and cursing:  
therefore, choose life,  
that both thou and thy  
seed may live."

**Deuteronomy 30:19**

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