



Shepherd Care®

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To Care for People Where They Live and Work

COMMUNITY Care TOPIC

Second-hand Stress

In this world of challenges, duties, and diverse demands, one thing is for sure...Stress is out there!

Stress-ees

- The recipients of the stress. This is everyone living!

Stress-ors

- The people, places, and things that cause our stress.

Whose Stress is it, Anyway?

If we are not careful, WE take the stressors placed upon our lives and then WE become stressors to those around us. We share and transfer the negative effects of stress upon those nearby. This results in destruction and damage upon our co-workers and families. We hurt those we love by "passing on the stress." Things like laughter, care, and camaraderie should be shared. Yelling and taking out your frustration on the world around you should be handled in a much healthier way. If you did not like the stress when you received it, do you think those around you want you to take it out on them? People can help you *deal* with stress. Most folks do not want to be a whipping post, though.

The Remedy

1. **Clear the air-** Take a breather; take a walk; defrost the window; Take a deep breath; Count to ten: Count to twenty; Take another deep breath. *Then* speak.

2. **Water off a duck's back-** Have you ever wondered what the secret is for a duck not to sink? The duck's natural habitat is water. But a duck is not a fish. A duck stays afloat by constantly preening and oiling its feathers. If the duck did not preen, it would absorb the water and drown. It would not be able to fly. We can learn from a duck and apply the **Preening Principle-**

- a. *Prepare to get wet.* Water will be around a duck and stress will come around your life.
- b. *Do not let the stress sink in.* Practice relaxation techniques, exercise, and healthy habits to build up your resistance to the negative effects of stress.
- c. *Let the water roll off.* Let it. Do not transfer your frustration and rage. Do not share the pain- Share the load. Let it go. Get help. Practice your stress management skills. Let it go.

Please remember that you are very important and that if we deal with the stresses of life in healthy ways, we will cause the world around us to be in better shape. The opposite is also true, unfortunately. What do *you* want to pass on to others?

Introducing your Community Chaplain

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"If you did not like the stress when you received it, do you think those around you want you to take it out on them?"

Wrath is cruel, and anger is outrageous; but who is able to stand before envy?"

Proverbs 27:4

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