



Shepherd Care®

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To Care for People Where They Live and Work

COMMUNITY Care TOPIC

Stress Under Pressure

Life Can Be a Pressure Cooker

“Pressure cooking,” according to Wikipedia, “is the process of cooking food, using water or other cooking liquid, in a sealed vessel known as a pressure cooker. The cooker works by trapping the steam produced from boiling the cooking liquid inside the vessel. This causes internal pressure and temperature to rise quickly. After use, the steam is slowly released so that the vessel can be opened safely.”

Extreme situations, events, or other high-pressure circumstances can affect our lives like a pressure cooker.

How to Survive the High-Pressure Situations

- Develop a Safety Release Valve
- Prepare for high temperatures- these events will come.
- Release the pent-up steam, energy, and pressure safely. Do not bottle it up or hold it in.

If we let the pressure continue to increase, we are in danger a messy explosion. Let us not “blow a gasket!”

Introducing your Community Chaplain

Eric Kieselbach
(pronounced “key-sill-baa”)

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“Pressure pushing down on me
Pressing down on you no man asks for
Under pressure that brings a building down
Splits a family in two
Puts people on streets

It's the terror of knowing
What the world is about
Watching some good friends
Screaming 'Let me out'
Pray tomorrow gets me higher
Pressure on people,
people on streets.”

**“Under Pressure” lyrics
by David Bowie**

“My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience.”
James 1:2-3

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