



Shepherd Care®

Revision Date:
May 22, 2023

To Care for People Where They Live and Work

COMMUNITY Care TOPIC

Stress Vision

The Goal is to minimize the effects of internal anxiety. So, what is *Stress Vision*? When we make something larger than it really is by over analyzing on a problem, we develop *Stress Vision*. It is the irrational imagination that is caused by challenging circumstances. It compounds the problem and causes stress and anxiety.

So What Blurs Our Vision?

- Outside pressure and actions of others. It is like a driving rain and a thick fog that rolls in and surrounds so visibility is poor.
- Our misplaced desires or driving our own agenda. Our focus becomes consumed on oneself instead of the larger picture. A bigger picture could be the purpose and plan of your organization or family.
- Location, Location, Location. The wrong place at the wrong time with the wrong people. Maybe you were where you should not have been? The cloudy vision of others becomes our own. This results in confusion.
- Carrying more than capacity. Maybe you have more on your shoulders than you can safely bear at this current season of life? You may have exceeded your limitations and are getting burned-out.

Vision Correction

To get our internal sight back to "20-20 Vision" here are a few tips:

- **Short Term- Wipe Your Fuzzy Eyes.** Simply review the facts of the situation. What actually happened? Take responsibility on real specific facts. Survival is the immediate goal.
- **Short Term- Wipe Your Fuzzy Eyes.** Simply review the facts of the situation. What actually happened? Take responsibility on real specific facts. Survival is the immediate goal.
- **Long Term- Correct Your Vision.** Look at the positives. Try to focus on an attitude of acceptance. Talk it through with yourself and others. Journal. Practice stress management survival skills.

The key is to provide meaning and what brings good from a bad experience is to see your circumstance from a different vantage point; a different angle. By using what you learned will help in future decision making. Share your story with others so they can also benefit from your ordeal. Life must go on.

Introducing your Community Chaplain

Eric Kieselbach

(pronounced "key-sill-baa")

Email:

eric@shepherdcare.us

"People are disturbed not by things, but by their perception of things."

Epictetus

"Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

Philippians 4:6-8

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

This Community Care Topic can be distributed electronically and shared as a photocopy. Please contact your Community Chaplain at any time for additional resources and for any type of personal crisis support. The service is provided by Shepherd Care and is completely confidential. Please also visit the Shepherd Care website for more helpful resources.