



Shepherd Care®

Revision Date:
May 22, 2023

To Care for People Where They Live and Work

COMMUNITY Care TOPIC

System Shock

The word “stress” is a simple word. It has only five letters and is quoted very frequently. I have found out, though, that this one little word is very complicated!

Cause and Effect

- *Stress Who?* Stress is an equal opportunity destroyer!
- *Stress What?* Stress manifests itself in a thousand unique ways. The literal definition means “to put pressure upon or cause strain to.”
- *Stress When?* Stress can be a one-time event or accumulate over time.
- *Stress How?* The causes of stress are as varied as the people affected by the stress.
- *Stress Why?* Life is hard!
- *Stress Good?* It can be if you prepare and learn from it.

The Weakest Link

- The Broken Chain- it has been said that a chain will break at the weakest link. The metal chain will fail somewhere when placed under stress. Even if the link is polished and appears sound, the inside structural make-up can be weak because of the effects of heat and tension.
- The Leaking Roof or Water Dam- when a leak appears in a roof, the actual leak is found by dripping water. Unfortunately, the leak can be anywhere on the roof, as water can run the entire length of a building before it puddles underneath.

- The Falling House or Collapsing Bridge- a small crack in a foundation can widen and eventually cause a large (and even well-built) house to topple.
- The Unraveling Cloth- can you picture how a small thread, when pulled, can eventually cause an entire sweater to fray?
- The Shooting Pain- an innocent pain in your chest as you walk away from a particularly challenging lunch business meeting...is it the sandwich and soft drink heart burn or the beginning of a heart attack?

Help and Hope

It all starts with understanding...if you know that there is a potential problem then that is half of the battle. Now we all know that stress *will* happen. We may not know how it will manifest, but if we prepare to weather the storm, then we can master stress before it destroys our lives.

Prepare

- Number One- Preparation requires A Life Perspective- What is important? How are you living?
- Number Two- Preparation requires Rest and Relaxation- take a break at work, take a night off, take a weekend holiday, and take a week for vacation.
- Number Three- Preparation requires constant monitoring.

You can survive the shock of stress

Introducing your Community Chaplain

Eric Kieselbach

(pronounced “key-sill-baa”)

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“Now we all know that stress *will* happen. We may not know how it will manifest, but if we prepare to weather the storm, then we can master stress before it destroys our lives.”

“Therefore, whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock. And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.” **Matthew 7:24-28**

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