



# Shepherd Care®

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*To Care for People Where They Live and Work*

## COMMUNITY Care TOPIC

### The Stress Bucket

Can you picture water sloshing over the rim of a bucket? The bucket increases in weight and is harder to carry when it is so full. The cumulative effects of stress are like an overflowing bucket.

Stress can mean crisis, trouble, heartache, grief, a hard time, problems, and being overwhelmed. When these “drops” add up, the bucket gets full.

#### The Solution

- The Sabbath Principle- Take a break or day off!
- Share the Load- Ask for help and not try to carry the burden alone. Delegate.
- Unpack- Unload the cart. Make plans.
- Drain it- We may not be able to entirely empty our bucket but look for opportunities to pour some of the water out.

- Put a Lid on it!- Realistically we are not able to stop all of the stresses in life from pouring in, but we may be able to limit and place boundaries in areas of our lives.

#### Self-Inflicted Stress

We need to be especially careful how we respond to stress. Sometimes we have no choice, and the traumatic event is like a large tidal wave overwhelming our buckets. But sometimes we make poor choices that result in increased stress for us and others around us.

Remember, as we are carrying the bucket of our lives around, we can make choices about what goes into the bucket, when it goes in, and if we can pour some things out. We each need to monitor the levels of our own buckets. It is important to prepare *before* the stress rises near the top!

Introducing your Community Chaplain

**Eric Kieselbach**

(pronounced “key-sill-baa”)

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*“Just a drop in a bucket!”*

*“If thou faint in the day of adversity, thy strength is small.”*

**Proverbs 24:10**

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