

A top-down view of a desk with a wooden surface. On the desk are two sheets of white paper, two black pencils, a tray of colored pencils, and a small bouquet of white baby's breath flowers. A hand is visible at the bottom right, holding a pen. The background is a soft purple and blue gradient with several water droplets.

# Let Go of Stress

Presented by Resilience Counselling

Christian Biblical counselling

[www.resiliencecounselling.com.au](http://www.resiliencecounselling.com.au)



## **Contents:**

Peace is available to you

What is stress?

How dangerous is stress?

Acute stress vs chronic stress

Why is it important to address chronic stress?

Nine strategies to help you manage stress

All Bible quotations are from the Authorized King James Bible

# Peace is available to you

God has provided the answers we need to have peace in the midst of troubled times. Christians are called to live and walk by faith in God, and it is through faith we receive the peace Christ has promised in His Word.

God's Word, the Holy Bible, holds the keys to victory over stress, anxiety and depression. Being aware of the impacts of stress can help to address it. Provided here are practical strategies to help let go of stress, and Scriptural promises, which, when believed, bring deliverance.

“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”

**John 14:27**



# What is stress?

- Stress is pressure.
- Stress can provoke worry as well as heighten anxiety, but under certain conditions, it can challenge us to do well.
- Problems can arise when stress makes us feel that we are unable to meet life's demands.



*Resilience Counselling*  
RECOVERY FROM STRESS

# How dangerous is stress?

High negative stress levels are damaging to the body.

Risks associated with heightened stress include:

- high blood pressure
- cancer
- diabetes
- cardiovascular disease

If you feel helpless, the impact of stress can be worsened.

# Acute stress vs chronic stress

- **Acute stress** is short-term and produced by various transitory life events. Examples include giving a speech, sitting an exam, getting married. Acute stress effects are usually manageable and not harmful.
- **Chronic stress** is heightened stress over a prolonged period of time, e.g. being constantly overloaded at work. People can feel exhausted and weary under the burden of chronic stress.

# Why is it important to address chronic stress?

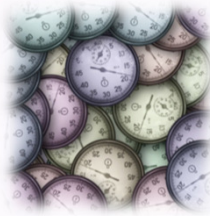
- Chronic stress elevates cortisol (the stress hormone).
- Prolonged elevated cortisol can damage the body in various ways.
- The impacts can include suppression of the immune system, damaged concentration and memory, increased blood glucose, raised blood pressure, sleep problems and weight gain.
- Keeping cortisol down is vital for a healthy mind and body.



# Strategies to help manage stress







## 1. Identify your own stressors

- Stressors are things that disrupt you, and can make you feel threatened or overwhelmed. They're stress triggers.
- Being aware of your stressors can help you manage them.
- Stressors can include: relationships, personal circumstances, job & money-related problems.



## 2. Maintain a healthy lifestyle

- Our physical health affects our minds and vice versa.
- Healthy eating and physical exercise help calm our nervous system.
- A healthy lifestyle also has a positive influence on our brain chemistry, mood and energy levels.
- Look after your body, because the Bible teaches us that it's God's temple.

“What? know ye not that your body is the temple of the Holy Ghost *which is* in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.”

**1 Corinthians 6:19, 20**

### 3. Communicate with others

- Talk to people regularly.
- Don't isolate yourself – reach out for help.
- People you know and trust can be a helpful support system.
- People who understand what's going on are better equipped to help you.
- Importantly, cast your cares upon God. He cares for you and wants you to communicate regularly with Him in prayer.



“Casting all your care upon him; for he careth for you.”  
**1 Peter 5:7**

“Blessed *be* God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.”

**2 Corinthians 1:3, 4**



#### 4. Relax your body with deep breathing

- Deep, rhythmic breathing calms the fight-or-flight response.
- Rhythmic deep breathing triggers the relaxation response.
- Beneficial effects are lowered heart rate and blood pressure.
- Deep breathing is helpful during heightened anxiety.

## 5. Progressive Muscle Relaxation

- ‘PMR’ is an exercise where the muscles are intentionally tensed then relaxed one group at a time.
- The aim is to help identify what muscle tension feels like, versus the sensation of relaxed muscles. Also, PMR can facilitate the beneficial mental and physical effects of having relaxed muscles.
- PMR can help to reduce heart rate and blood pressure.
- It can help breathing become slower and more rhythmic.
- Troublesome thoughts can be more readily dealt with. A relaxed body helps with clearer thinking and problem-solving.
- Talk to your doctor if you are unsure whether you can do PMR (e.g. if an injury is present).



## 6. Focusing your attention

- Focus your attention on God's Word, the Holy Bible. It has the power to renew the mind and transform thinking. The Bible teaches believers to stay their minds on God, and think on praiseworthy things.

“I will remember the works of the LORD: surely I will remember thy wonders of old. I will meditate also of all thy work, and talk of thy doings.”

**(Psalm 77:11, 12)**





*God's Word is life and health to us. A key to victory is meditating on His Word - it brings us comfort and builds up our faith.*

**“Be still, and know that I *am* God...”**

**Psalm 46:10**

**“My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they *are* life unto those that find them, and health to all their flesh.”**

**Proverbs 4:20-22**

“Thou wilt keep *him* in perfect peace, *whose*  
mind *is* stayed *on thee*: because he trusteth in  
thee. Trust ye in the LORD for ever: for in the  
LORD JEHOVAH *is* everlasting strength...”

**Isaiah 26:3, 4**



## 7. Write a to-do list

- A daily to-do list or diary is a valuable stress reliever.
- At the start of the day, write down today's tasks and refer back to your list during the day.
- Tick things off when they are done.
- Break big jobs down into smaller tasks.
- Put unfinished tasks on tomorrow's list.
- It helps give you a sense of accomplishment and control.



## 8. Have a merry heart

- Joy is a natural anti-depressant!
- Find things that make you laugh, it's good for your health.
- Finding ways to help others also boosts our sense of wellbeing.



“...he that is of a merry heart *hath* a continual feast.”

**Proverbs 15:15b**

“A merry heart doeth good *like* a medicine: but a broken spirit drieth the bones.”

**Proverbs 17:22**



## 9. Changing things in your life.

- Are there any stressors you can eliminate?
- SMART goals can help you make changes.
- SMART = **S**pecific, **M**easurable, **A**chievable, **R**ealistic, **T**ime-framed. For example, “I’ll take a 15 minute walk each day”.
- Ask God to help you make wise choices, and He will!

“I can do all things through Christ which strengtheneth me.”

**Philippians 4:13**

“Therefore if any man be in Christ, *he is* a new creature: old things are passed away; behold, all things are become new.”

**2 Corinthians 5:17**

“If any of you lack wisdom, let him ask of God, that giveth to all *men* liberally, and upbraideth not; and it shall be given him.”

**James 1:5**

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

**Matthew 6:33**





**Christian Biblical counselling**  
**[www.resiliencecounselling.com.au](http://www.resiliencecounselling.com.au)**