

OVERCOMING STRESS

SO WHAT IS STRESS FROM A MEDICAL PERSPECTIVE?

Stress takes place when your brain starts sending signals to your adrenal glands located on top of your kidneys to release a surge of hormones including adrenaline and cortisol. Adrenaline increases your heart rate, lifts your blood pressure and boost your energy supplies.

WHY DOES YOUR BRAIN SEND THESE SIGNALS

It is a defence mechanism that God placed there to protect you from a threatening situation. It is designed is to return back to normal once the treat is gone. The problem comes in when you constantly feel you are under threat and your brain constantly sends out these signals. This can have an adverse affect on your health and wellbeing.....

HERE ARE SOME SIGNS OF OVER STRESSING FROM SPECIALISTS IN THIS FIELD..

REACTING BIG TO LITTLE THINGS

Have you ever walked away from a situation feeling that you said a whole lot of things that you did not really want to say? Stress can cause you to be permanently on the brink of snapping, and so it takes less to trigger a reaction. You might be far snappier, angrier, upset, irritable, impatient...

ABNORMAL EATING HABBITS

Stress can cause us to start neglecting sensible health choices. We could start over eating or under eating and soon junk food becomes comfort food.

ABNORMAL SLEEPING HABBITS

Stress hormones and anxious brains can affect your sleeping patterns. You might feel you're sleeping poorly, or sleeping far more than usual, perhaps due to exhaustion and lack of motivation. Sleep is just as important in your life as healthy eating and regular exercise.

AN INCREASE OF ADDICTIVE BEHAVIOUR

Addictive behaviour is like applying 'self medication', Self medication is the same as a person that feels that his marriage certificate is receipt with a year guarantee. He now wants to go back and get a refund or trade his current marriage partner in for another model.

AVOIDANCE OF SOCIAL INTERACTION

You might find it difficult to muster the energy or enthusiasm to socialise when you struggling with stress. It might feel like too much of a chore, or that you've lost the ability to concentrate and engage.

LOSS OF INTEREST

If you start disengaging with activities that you usually love, it can be a telltale sign that stress is taking a toll.

LOSS OF CONFIDENCE

When your self-confidence starts dropping your self-esteem can also dwindle. You might start doubting your abilities at work, questioning things and losing your belief in things and yourself. You might find yourself being overly suspicious of things and people.

PHYSICAL SYMPTOMS

Stress can manifest physically too in lots of ways, from palpitations and headaches to digestive trouble and even backache. You might be more prone to getting 'run down' and picking up infections too. Other symptoms can be anxiety, depression or your ability to concentrate for extended periods of time.

FEELING CONSTANTLY DISTRACTED

There's lots of talk about the benefits of living 'in the moment' and 'being present' these days, and it's easy to lose touch of this when your body and mind is overwhelmed and distracted.

UNNECESSARY CAUSES OF STRESS

REHEARSING STRESSFUL SITUATIONS

“So, if we are reliving or dwelling on something negative that happened in the past, we will re-experience a stress response in our bodies.”

The brain can't tell the difference between what we are thinking about and what is really happening

THINKING NEGATIVELY

While some people are thinking about all the things that can go wrong, others are dreaming out ways to lay a cable under the sea from Europe to SA..... (SEACOM)

Focusing on the possible negative outcome of a situation—such as how a date will go or whether your new boss will like you—only projects negative thoughts into the future.

A specialist in the field of dealing with stress, Mr Gruver states that a way to avoid worst-case-scenario thinking is to stay in the present, For example, while completing daily tasks, such as washing the dishes, you can take the time to experience the smell of the soap, the feel of the water, or the way the light hits the bubbles.

PROCRASTINATION

Everyone procrastinates for different reasons, but in many cases, people put things off because they feel overwhelmed by or scared of what they need to do. This can create frustration and stress,

Lang, another stress therapists recommends coming up with a plan to tackle a challenging project in stages, rather than all at once.

“Be proud of yourself for every little accomplishment,” 20% of your priorities will give you 80% of your success.

LURKING OR OVERSHARING ON SOCIAL MEDIA

Stephanie Mansour, a certified confidence and lifestyle coach advises that “When you're overlurking on social media, you're comparing yourself to others, which causes stress,” “You are grading your self-worth and self-esteem based on what you see from other people, not on your own benchmarks for success and happiness.”

Lang, another stress specialist states that ...Oversharing on social media can also make us very vulnerable, making us more likely to get hurt. You can avoid this stressor by setting personal boundaries and only allowing yourself a certain amount of time each day to check social media.

CLUTTER IN YOUR HOME AND OFFICE #Untidy bedroom

“Clutter is a representation of how you're feeling and what's going on in your own life,” So it's no wonder that a messy room or a cluttered office can make us feel stressed.

Lang suggested to “Just start with one drawer for 20 to 30 minutes at a time, then take a break,” “Then go back, so you don't feel overwhelmed.” “Visualize what you want the space to look like. That will help motivate you as well.” If you're having trouble letting go of something, Lang suggests asking two questions: “Do I love this?” and “Do I use this?” “If you haven't used something in about a year, it's probably time to get rid of it,” she says.

Another reason some people may let clutter take over is because they don't know what to do with the space, you might have lost a bit of your purpose and in that way the use of the room has lost it's purpose.

WORRYING ABOUT MONEY YOU HAVE ALREADY SPENT

Thinking about money you've already spent is a form of dwelling on the past. Continuously turning your spending habits over in your mind will only cause you more stress in the moment. “You can't unspend the money,”

You can help yourself spend money more responsibly by understanding that money doesn't buy happiness, by choosing to socialize with friends rather than going out and spending money you don't have, or by removing your credit cards from your wallet or purse so you aren't tempted to spend.

IF YOU IDENTIFY WITH ANY OF THE ABOVE SIGNS OF STRESS

And you would like to discuss it further, you can make an appointment by sending an email to dainfernfellowship@gmail.com

WHERE DO WE GO FROM HERE? HOW DO WE ADVANCE OUT OF OUR CURRENT SITUATION?

The word advance means to gain ground, to move forward, to accelerate growth, to increase in quality, to nullify the lie and to spread truth and live out what is true.

A KEY TO UNLOCK ADVANCEMENT IS TO DEFINE YOUR PRIORITIES

Natalie shared last week on discovering your purpose. She was worrying about not knowing God's specific purpose for her life, after praying about this God showed her that her purpose is to be herself and to simply walk with God. She shared in last weeks message that it does not matter so much in what circumstance or location you find yourself in but allowing God to use you for His purpose in that location.

If we keep on doing what we keep on doing we will have the same outcomes.

You might consider letting go of other things to pursue the God's agenda in your lifeYou might want to let go of the burden of trying to fit in etc..... what you let go can be blessed later.....eg: Joseph's brothers coming back to Egypt.

GENESIS 12:1-3

Now the Lord said to Abraham: Get out of your country (FAMILIAR ROUTINE THAT COULD BE CAUSING STRESS), from your family and from your fathers house (COMFORT ZONE OR SELF MEDICATION). To a land that I will show you (VISION OR GOD'S PURPOSE FOR YOUR LIFE). I will make you a great nation (PROMISES IN GOD'S WORD) ; I will bless you and make your name great (REPUTATION THAT IGNITES MOMENTUM); and you shall be a blessing (INFLUENCE AND THE CAPACITY TO BLESS). I will bless those who bless you and curse those who curses you (SUPERNATURAL ADVANCEMENT); and in you all the families of the earth will be blessed (EMPOWERED TO BLESS YOUR OWN FAMILY AND FAMILIES AROUND YOU).

One way of discerning your purpose is to ask yourself the question... what makes me feel alive?

Jesus let go of heaven and his own life on the cross to gain us.....

HEBREWS 12:1-2

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight (LETTING GO OF NON PRIORITIES), and the sin (MISSING THE MARK OR FALLING SHORT OF THE GLORY OF GOD) which so easily ensnares us (DISCOURAGEMENT), and let us run with endurance the race that is set before us (OUR GOD GIVEN PURPOSE), looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

We can't really medicate ourselves, we need a specialist. Jesus is a heart specialist, in Isaiah 61:1 it says that Jesus was sent by the Father to bind up the broken hearted.

Jesus overcame the cross and the grave, they are both very stressful situations.

Ephesians 3:20 says that He can do exceedingly abundantly above all we can ask or think according to the power that works within us

What Jesus accomplished at the cross opened the door for us to be loved by the Father. When the heavens opened and the Holy Spirit came down in the form of a dove on Jesus's baptism the Father said: this is my beloved Son in whom I am well pleased. This was before Jesus did any work or performed any miracle. We are loved by the Father not because of our accomplishments but because God is love.