

# **MINISTERING TO THE PASTORS' PASTORS**

**(PASTORS' WIVES  
FELLOWSHIP)**

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# ***STRESS MANAGEMENT***

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# Preamble

## Who Are Pastors' Wives?

- ✚ Pastors' Pastors
- ✚ Pastors' Mentors
- ✚ Pastors' Confidants (burdened & bottled up with no outlet)



# What Are The Societal Expectations?

- ✚ Expected to serve the people with justice at all times,
- ✚ Not to show signs of weakness or tiredness at any time, and
- ✚ A comfort to all in distress.



# Pastor's Expectations

- ✚ Supportive
- ✚ Understand and share the Pastor's vision
- ✚ Move with the vision but not struggling for the pulpit
- ✚ Have great passion for the work



# Challenge & Possible Source of Stress Combining the Vision with Home Management

- ✚ Managing the people touching the hands so as to touch the heart.
- ✚ Managing the finance when it is not available.
- ✚ Ensuring the spiritual tempo.



Modern life style is full of hassles, deadlines, frustrations and challenges. Most people are on a threatening **RAT RACE**. Stress is the normal physical response to those upsetting events in order to maintain our Balance.



# INTRODUCTION

As christian women we are expected to be busy. Proverb 31 gives that impression, stress does not simply come from having too much to do, but from a feeling that you have no control over your events and situations. A resulting response is FEAR !!!





Fear is a painful feeling of impending danger and anxiety. Fear is a devil's currency.

Don't transact business with it at anytime. Your heavenly currency is **FAITH.**

Do business with it and get good result. **Fear gives birth to stress.**



Managing stress as christian women is the only effective way of controlling these ever present and growing clements in our working life. It is aimed at equipping us with psychological as well as spiritual **shock absorbers** such that what breaks others will cause us to bounce back – **“No killing the beetle!”**



# TYPES OF STRESS

There are 2 types of stress:

- 1) *Positive or Good Stress*
- 2) *Negative or Bad Stress*



# Positive or Good Stress

Positive stress invigorates or enriches life leading to achievement of set goals. Everybody needs some pressure to perform. When one is able to deal with issues and problems without becoming over anxious, this is positive stress.



# ***Positive or Good stress Contd.***

*It deals with competency.*

- ✚ Esther had it from kindred, Mordecai, Esther 4:12.
- ✚ Nehemiah showed it when he was taunted by Sanballat and Tobiah, Nehemiah 4: 1.
- ✚ Opposition to goals.
- ✚ Woman with the only child demonstrated courage: "*it is well*", 2Kings 4: 23-26.



# Negative or Bad Stress

Leads to poor or lack of production, inefficiency, breakdown in health and other distress conditions. One becomes tense up, drained in ideas, anxious and energy becomes sapped.



# HUMAN BODY: RESPONSE TO STRESS

## *When challenged;*

It puts up its automatic process of defence known as the “Fight” or “Flight”.

The stress response is the body’s way of protecting itself. When working properly, it helps one stay focused, energetic and alert.



## ***Response To Stress Contd.***

In emergency situations, stress can save one's life – giving you extra strength to defend yourself, for example in spurring you to slam on the brake to avoid accident in rare cases.





# *Response To Stress Contd.*

- ✚ Helps one rise to meet challenges. Keeps one on one's toes during a presentation at work.
- ✚ Sharpens one's concentration when attempting to be complacent.
- ✚ Drives one to study for an exam when one had rather be watching television or sleeping.



# ***MECHANISM OF RESPONSE***

When our bodies perceive a threat, the nervous system responds by releasing a flood of stress HORMONES including adrenaline and cortisol. These substances arouse the body for emergency action.



# ***ORGAN FUNCTION DURING STRESS***

- ✓ **The heart beats faster**
- ✓ **Muscles tone increases**
- ✓ **Blood pressure rises**
- ✓ **Breathing rate increases**
- ✓ **Senses are sharpened.**



These physiological charges increase our strength or stamina and enhance our focus, preparing us to either **“Fight back”** or **“Flee from the pressure.”**



# STRESS OVERLOAD

It is important to learn how to recognize when one's stress levels are out of control.

But beyond a certain point, stress stops being helpful and starts causing major damage to one's health, mood, productivity, relationship, and one's quality of life.



***Warning Signs In  
Stress Overload***

***Watch Out!***



# SIGNS & SYMPTOMS OF STRESS



## Cognitive Symptoms:

- ✓ *Memory problems.*
- ✓ *Inability to concentrate.*
- ✓ *Poor judgment  
(approaching vehicles).*





## **Cognitive Symptoms Contd:**

- ✓ ***Seeing only the negative (self cutting).***
- ✓ ***Anxious or racing thought.***
- ✓ ***Constant worrying (absent mindedness).***







# Emotional Symptoms:

- ✓ ***Moodiness***
- ✓ ***Irritability or short temper***
- ✓ ***Agitation, inability to relax***
- ✓ ***Feeling overwhelmed***
- ✓ ***Sense of loneliness and isolation  
(sees love in nobody)***
- ✓ ***Depression or general  
unhappiness***





# Physical Symptoms:

- ✓ *Aches and pains*
- ✓ *Diarrhea or constipation*
- ✓ *Nausea, dizziness*
- ✓ *Chest pain, rapid heartbeat*
- ✓ *Loss of sex drive*
- ✓ *Frequent colds*





# Behavioural Symptoms:

- ✓ *Eating more or less*
- ✓ *Sleeping too much or too little*
- ✓ *Isolating yourself from others*
- ✓ *Procrastinating or neglecting responsibilities*
- ✓ *Using alcohol, cigarettes, or drugs to relax*
- ✓ *Nervous habits (eg. nail biting, pacing)*



# HOW MUCH STRESS IS TOO MUCH?

It is important to know your own limit. "Too much" differs from person to person. Some people roll with the punches , while others crumble at the slightest obstacle or challenge.



# VULNERABILITY TO STRESS

- ✚ Lack of strong network of supportive family members and friends.
- ✚ Inability to control all challenges.
- ✚ Inability to control one's emotion, e.g. broken engagement or death.
- ✚ Ignorance of what to expect in a stressful situation.



# SOURCES OF STRESS

## *4 Major Groups*

- ✚ **Self Imposed Pressure:**
  - ✓ *Unrealistic or ambitious expectations.*
  - ✓ *Fear of incompetence.*
  - ✓ *Lack of self and time management skill.*
  - ✓ *Fear of failure.*



# *Sources of Stress Contd.*

## Unfulfilled Needs and Desires:

- ✓ *Lack of contentment*
- ✓ *Feeling of neglect or recognition*
- ✓ *Autonomy*
- ✓ *Unfulfilled relationship*



# *Sources of Stress Contd.*

## Problems of Daily Life:

- ✓ *Continuing travelling*
- ✓ *Losing items*
- ✓ *Meeting deadlines*
- ✓ *Power outage / lack of basic amenities like water or good network of roads.*





# *Sources of Stress Contd.*

## Fear of the Unknown (tomorrow)

- ✓ *Retirement*
- ✓ *Welfare of ageing relations*
- ✓ *Upbringing of children (especially the recalcitrant ones)*
- ✓ *Fear of broken relationship*
- ✓ *Fear of death*
- ✓ *Ill health.*



# SOURCES OF FEAR

- ✓ *Sight – Deut. 20: 1*
- ✓ *Perception and Public  
Opinion – 1 Samuel 13: 6  
– 12*
- ✓ *Symptoms and Feeling*
- ✓ *Poor self Image*



# COMMON EXTERNAL CAUSES OF STRESS

## *External Causes of Stress Include:*

- Major life changes
- Challenging work environment
- Relationship difficulties
- Health challenges
- Financial challenges
- Busy life style
- Children and family



# COMMON INTERNAL CAUSES OF STRESS

## *Internal Causes of Stress Include:*

- ✚ Inability to accept uncertainty
- ✚ Pessimism
- ✚ Negative self-talk (*Never easy with me*)
- ✚ Unrealistic expectations
- ✚ Perfectionism
- ✚ Lack of assertiveness

# EFFECT OF EXCESSIVE STRESS

If you have a lot responsibilities and worries, your emergency stress response may be 'on' most of the time.

The more your body's stress system is activated, the easier it is to trip on and the harder it is to shut off.



- ✚ Long term exposure to stress can therefore lead to serious health problems.
- ✚ **Chronic stress** disrupt nearly every system in your body.
- ✚ It can raise blood pressure, suppress the immune system.
- ✚ Increase the risk of heart attack and stroke, contribute to infertility.
- ✚ Speed up the aging process. Long term stress can even rewire the brain, leaving you more vulnerable to anxiety and depression.



# Most Health Problems Are Exacerbated By Stress

- ✚ Pains of various kinds
- ✚ Heart diseases
- ✚ Digestive problems
- ✚ Sleep problems
- ✚ Depression
- ✚ Obesity
- ✚ Autoimmune diseases
- ✚ Skin conditions e.g. eczema.



# MANAGING STRESS

Managing stress is all about **taking charge** of:

- ✚ Your thoughts
- ✚ Emotions
- ✚ Work schedule
- ✚ Environment (green and flourish)
- ✚ Life style (creating time for rest and relaxation).





# Search For God's Promises In His Word And Believe In Them.

*There is a WORD for every situation.*

- ✚ I am the Lord that healeth thee.
- ✚ I shall supply all your needs.
- ✚ Call upon me in the days of trouble.
- ✚ The thought I have towards you is a good thought to take you to an expected end.
- ✚ Fear not for I am with you.



# ***SOME USEFUL HINTS:***

- ✓ Try to worship God and let go yourself into His hands by focusing on all His past mercies, faithfulness and favour.
- ✓ Encourage yourself in the Lord like David did.
- ✓ Try some relaxation techniques (closing of eyes), using appreciative words on yourself.
- ✓ Pick a relaxation posture.
- ✓ Pick on a game of interest – indoor or outdoor.



## ***MORE USEFUL HINTS:***

- ✓ Believe God's promises and appreciate Him.
- ✓ Try a workout, visit a friend.
- ✓ Go for an interesting novel .
- ✓ Recall funny moments from traditional marriage or concert.
- ✓ Recall and share childhood fun time with your spouse.
- ✓ More of His praise and worship –  
You Are Alpha.







**THANK YOU  
FOR  
LISTENING**

