

Conversation Café

Stress

Life and stress... they go hand in hand. We will experience lots of stress in our life. There is no getting around it. The degree to which we manage and cope with the stress in our lives will determine the degree to which we are healthy. If we turn to unhealthy behaviors to cope with the stress, our physical and emotional health will suffer. Many people turn to food, drugs or alcohol to cope with their stress.



Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if their stress is caused by physical danger.

But this can also be a bad thing, if their stress is in response to something emotional and there is no outlet for this extra energy and strength. In today's Conversation Café we will talk about different causes of stress, how stress affects you, the difference between 'good' stress and 'bad' stress, and some ways that we can deal with stress in our lives.

Discussion Questions:

1. Have you been under stress recently?
2. How does stress affect you? When you are stressful, how do you feel physically?
3. Do you think stress is ever good, useful, or necessary? Why or why not?
4. Are there situations that you find stressful? At work? At school? At home?
5. Is your stress caused by relationships with other people?
6. Do you feel tense when you meet someone for the first time?
7. What are some positive ways people deal with stress?
8. What are some negative ways people deal with stress?
9. Can you give suggestions to help children deal with stress?
10. How do you reduce stress in your life?



Spiritual Stress Relief

Spirituality has many benefits for stress relief and overall mental health. It can help you feel a sense of purpose. Cultivating your spirituality may help uncover what's most meaningful in your life. By clarifying what's most important, you can focus less on the unimportant things and eliminate a lot of stress.

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

Philippians 4:6-7 (NLT)

- ❖ Do you do anything spiritually to relieve stress?
If you do, can you please share what you do?

"Are you tired? Worn out?"

Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest.

Walk with me and work with me — watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." **Jesus**

Gospel of Matthew 11:28-30 The MESSAGE

Idioms about Stress

To be **snowed under** (with sth)



MEANING:

Having too much to do; very busy

EXAMPLE:

Mike is snowed under with work. He cannot come and watch the game with us tonight!

to let off steam

phrase

to get rid of anger by doing something noisy and/or active
also: to blow off steam

Example: @Mywordstion
"She goes to the gym after work to let off steam."



idiom: too much on my plate



meaning: to be busy with lots of things

MAX OUT

PHRASALCARDS.COM

Meaning

TO REACH THE MAXIMUM LIMIT OF SOMETHING, OR TO USE UP ALL OF SOMETHING

MY WIFE IS A SHOPAHOLIC. SHE'S ALREADY **MAXED OUT** SIX CREDIT CARDS THIS YEAR, AND NOW SHE WANTS ANOTHER ONE!

Don't bite off more than you can chew!



To bite off more than you can chew means to take on more responsibility than you can handle.

"Taking three jobs at once is probably biting off more than you can chew."