



No Growth - Stress

Which of you by taking thought can add one cubit unto his stature?

Matthew 6:27

Strain ----- Hebrews 12:1
Tension ----- Isaiah 26:3
Relational - Matthew 10:36
Emotional ----- Psalms 6:6
Social ----- James 4:4
Spiritual - Ephesians 6:12

What is stress? Stress is something that causes pressure on the mind that could lead to unhealthy mental, emotional, and physical problems. However, what causes a human being to drift to this condition? Thoughts. Overthinking something will either help or hurt both the mind and body. The decision is up to us. Stress is an enemy to these areas of our lives and we must navigate away from it to maintain healthy living. Stress can come through strain which is the weight mentioned in the Word of God. We know the weight in terms of pounds when people work out in the gym or outdoors. However, this negative weight regards the overthinking that may jeopardize us moving forward. Strain may lead to ailments in the three areas stated earlier. Stress may lead to tension. Is it healthy or unhealthy? Healthy tension is recreation or competition by engaging in physical activity where nervousness or adrenaline flows and subside naturally. Unhealthy tension is a situation that threatens loss or setback. The opposite of this condition relaxation and not allow these events to bombard the mind. It

may not be easy to do but there are ways to overcome it. Reduce strain by talking to someone to let the thoughts out. Talking is better than keeping it inside. Talk to God, He can help.

Stress can occur within our environment. Spouse, friend, boss, or neighbor may say or do the wrong thing to us, and some may take it personally, some not. Everybody is different and has a threshold level. Situations like this may require some space at times for yourself and change your daily routine up a bit. Stress may cause us to be emotional. Crying is good as an outlet at times for anyone about anything, man or woman. After all, we are human, we have tears in our system. Some people disagree, especially the individuals with egos. "Aw, poor baby, can I make you feel better" speech. It is better to let out how you feel because no one knows how you will react to certain things. Everyone is unique. It is better than holding it all in than one day, blow up on someone or something by damaging items or hurting a person where they did not do anything. At some point, we will have to dry the tears and ask God to help us resolve our situation or find help. There is always someone out there who can help. Not everyone is the same. Stress may come from bad influences or associates. Our social group will shape our future. Either we affect them or vice versa. If one or some have issues that may overwhelm them, they may want you to carry their burden which could be a burden on us. Not saying for us to jump off the boat when they may be sinking but know our boundaries because we all have our lives to live and there is only so much we can do. Stress can be spiritual. Memories of certain things can affect us. Unfortunate experiences may come to mind from time to time. Past relationships, loss of a loved one, marital issues, personal failures, and other important instances in our lives. Things happen. We just have to be more focused each day. Stress is hard at times if we land there for some reason but it is a test. We have to do our best to alleviate it. Beat stress by asking God to help you and give you rest. We must try to relax or rest to beat this foe called stress.