

# Community Care Topic

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Introducing your  
Community Chaplain  
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*This Care Mail Topic can be distributed electronically and shared as a photocopy. Please contact your community chaplain at any time for additional resources and for any type of personal crisis support. The service is provided by Shepherd Care and is completely confidential. Please also visit the Shepherd Care website for more helpful resources.*



## A Stress Survival Guide

What is stress and how do we survive it? Stress is pressure, strain, anxiety, constant worry, nervous tension, and trauma. If we can stock and do a personal assessment of our lives to determine any vulnerability, then we can take a proactive approach to better prepare, manage, and survive the stresses of life.

### **The Survival Plan**

In your life you should have a written plan for survival, one that you follow in good times and in times of stress and crisis. Your survival plan should address the three major areas of your life: Physical, Mental & Emotional, and Spiritual. In a notebook title a page with each of the following headings and begin to take control of the areas of your life over which you have some influence:

#### 1. **Physical-** Develop physical and external skills.

Write a physical health survival plan that includes specifics for:

- ✓ Physical Exercise
- ✓ Healthy Nutrition
- ✓ Adequate Rest

#### 2. **Mental & Emotional-** Develop mental and emotional coping skills.

Write a mental health survival plan that includes specifics for:

- ✓ Reading/Learning New Things
- ✓ Developing Healthy Relationships
- ✓ Finding Fulfillment in Work
- ✓ Setting Good Priorities
- ✓ Be Positive
- ✓ Laugh Often

#### 3. **Spiritual-** Develop acceptance skills.

Write a spiritual health survival plan that includes specifics for:

- ✓ Daily "Quiet Time" to Calm and Relax
- ✓ Connection with a Faith Community
- ✓ Relationship with a Spiritual Leader, Pastor, or Mentor

Stress can either manage you or you can manage it. Remember that the goal is to survive each day and every day.

"O God give me  
serenity to accept the  
things I cannot change,  
courage to change the  
things I can, and  
wisdom to know the  
difference."

**St. Francis of Assisi**

*"Don't be naive. There  
are difficult (stressful)  
times ahead."*

**2 Timothy 3:1  
A Paraphrase**