

## Stress

Stress is a normal part of life and is used to describe how we feel when we don't feel like we have adequate time or resources to deal with certain circumstances in our lives. These could be positive circumstances like planning a birthday celebration for a loved one or negative like dealing with a fractured relationship or unsettling financial issues. The amount of stress we experience corresponds to the amount of time and resources we feel like we have to devote to a certain situation. The less time or resources we feel we have the more stressful the event is and vice versa. Our bodies respond to high levels of stress and can have lasting effects on us.

One way to “dial down” stress in our lives is to ascertain what you are really responsible for. As women, we tend to overreach our level of responsibility which can only add more stress. Distinguishing between areas of responsibility as opposed to areas of care and concern is important because problems can arise. Sometimes talking out a situation with someone can help better align the areas where God wants us to take responsibility as opposed to just exercising care and concern. If you or someone you are concerned about needs to talk about something going on in their lives, please consider reaching out to our counseling ministry at [libertypark.org/biblical-counseling](https://libertypark.org/biblical-counseling)

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