



Managing Stress in a Stressful Life

By Cindy Hochart

- Are you stressed out?
- Can you share a time when stress helped you in the short term, like the “fight or flight” response?
- Do you suffer from chronic stress? If so, can you share what is burdening you with a trusted friend?

Bonus Questions

- Which symptoms, if any, do you have from chronic stress?
- Which one of the suggestions Cindy offered sounds helpful or practical for you?

Reach UP to God

- Ask God which of the ideas might be something that would help you or a friend.
- Share your burdens with a close friend or family member. Pray together over your burdens lifting them to God.