

Seventh-day Adventist

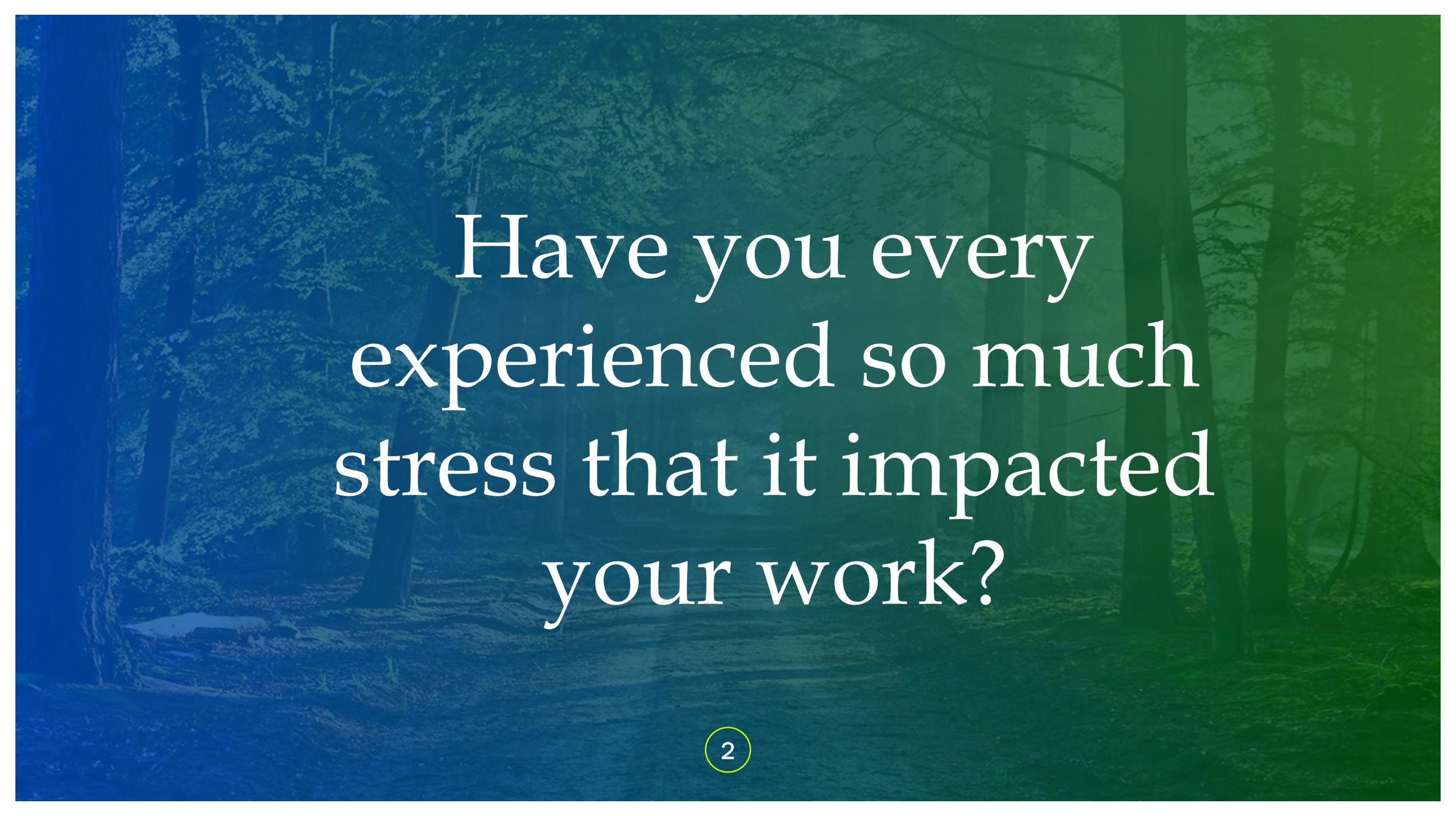
# LEADERS MANAGING STRESS

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## SOAR 2019

*Solution to Obstacles Adventist Retreat*

By Barrington H. Brennen



Have you every  
experienced so much  
stress that it impacted  
your work?

Here is one spiritual leader's experience

# Elijah

*"A man just like us" (James 5:17)*

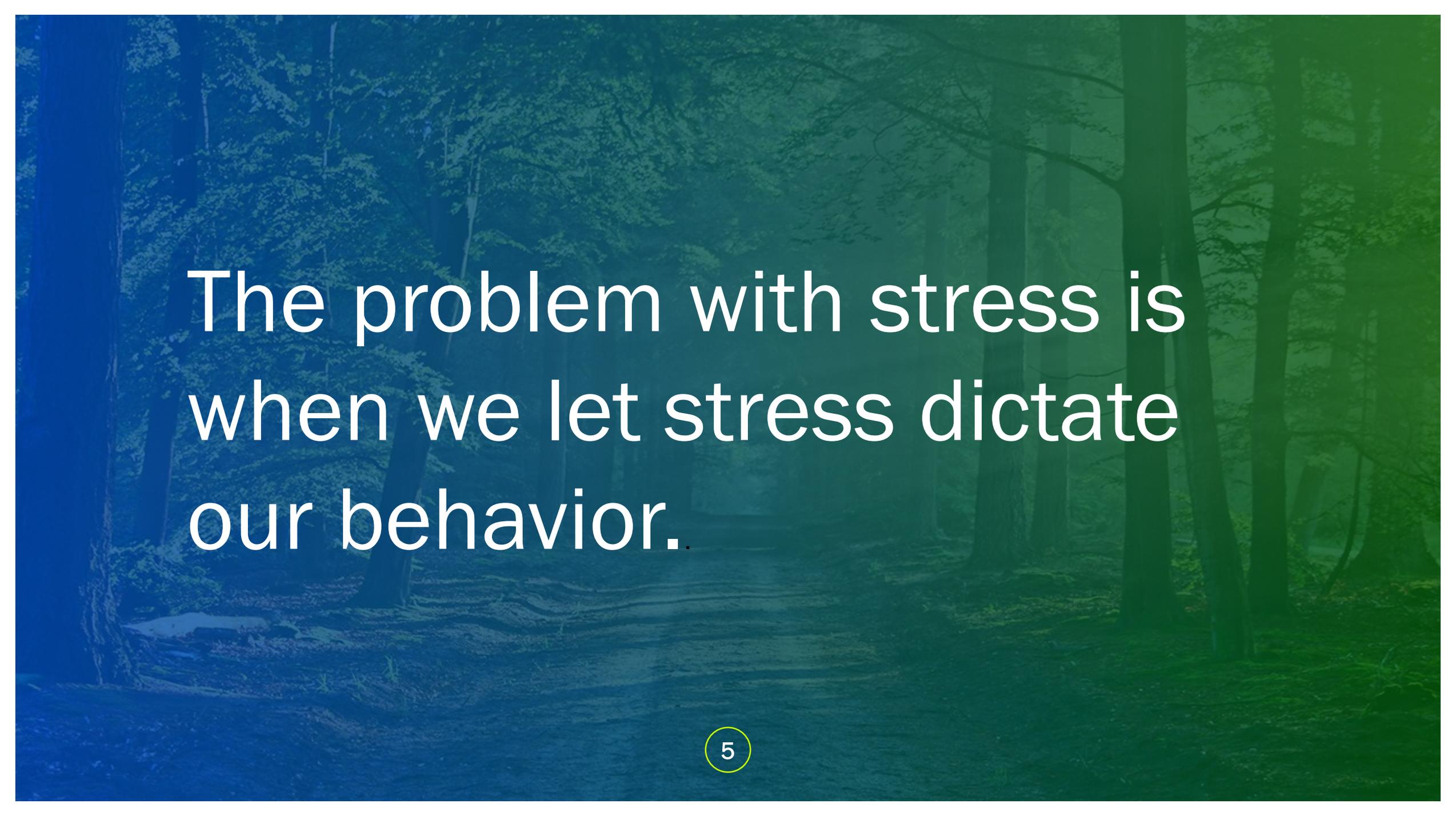
"I have had enough; I would rather die than go on facing this day in and day out". *1 King 19:1-3*

Here is one spiritual leader's experience

# Elijah

*"A man just like us" (James 5:17)*

He could not handle  
the stress.



The problem with stress is  
when we let stress dictate  
our behavior.

Chuck Swindoll

*“Starting Over . . . Fresh Hope for the Road Ahead.”*



He said Elijah developed  
“ingrownius eyeballitus.”

# STRESS

- When Elijah heard Jezebel's death threat, he fled for his life.
- He traveled about 100 miles from Jezreel down to Beersheba, located along the outer border of Israel. *He ran.*

# STRESS

- Considering all the powerful works the Lord had just performed through Elijah, it is hard to understand why the prophet didn't stay and face Jezebel, trusting God to protect him.
- Instead, he fled into the wilderness and requested to die.
- Did he have to quit?

# STRESS

## WHAT IS STRESS?

A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

# STRESS

## WHAT IS STRESS?

Stress is the body's reaction to any change that requires an adjustment or response. . . .

# STRESS

## WHAT IS STRESS?

... The body reacts to these changes with physical, mental, and emotional responses...

# STRESS

## WHAT IS STRESS?

Stress is a normal part of life.

You can experience stress from your environment, your body, and your thoughts.”



# SHARING TIME

As a spiritual leader, how/when  
do you experience stress?

## Here are a few examples:

- You forgot you were preaching this Sabbath and it is now Friday night.
- You do not know how to fill out the report form for Sabbath School.
- Not many people are attending Adventist Youth Meetings

## Here are a few examples:

- The pastor asked you to chair a special board meeting.
- The young people/little ones are making noise in the back during the service.

## Here are a few examples:

- You and your spouse had a big argument just before getting in the car to go to church.
- Your teenage daughter is pregnant.
- Your teenage son is using marijuana.

## Here are a few examples:

- You are not prepared to teach the Sabbath School lesson today.
- This is your Sabbath to preach.
- The pastor asked you to prayer for the bread during Communion.
- The sound system is not working.

# What to do?

How to manage stress?

# What to do?

**Exercise:** Studies have shown that exercise can benefit a person's mental and physical state.

**Nutrition:** A healthy, balanced diet with plenty of fruit and vegetables helps maintain the immune system at times of stress. A poor diet will lead to ill health and additional stress.

# What to do?

**Prioritizing:** Spend a little time organizing your to-do list to see what is most important. Then focus on what you have completed or accomplished for the day, rather than what you are yet to finish.

**Time:** Set aside some time each day just for yourself. Use it to organize your life, relax, and pursue your own interests.

# What to do?

**Breathing and relaxation:** Meditation.

Breathing and relaxation techniques can slow down the system and help you relax.

Breathing is also a central part of mindfulness meditation.

**Talking:** Talking to family, friends, work colleagues, another church leader about your thoughts and worries will help you "let off steam."

# What to do?

**Acknowledging the signs:** A person can be so anxious about the problem that is causing the stress that they do not notice the effects on their body. Noticing symptoms is the first step to taking action.

What are the triggers/indicators that would let you know that you are about to have a lot a stress or get angry.

# What to do?

**Find your own destressor:** Most people have something that helps them relax, such as reading a book, going for a walk, listening to music, or spending time with a friend or a pet. Joining a choir or a gym helps some people. Prayer, listening to soft music, reading the Bible (Psalms).

# What to do?

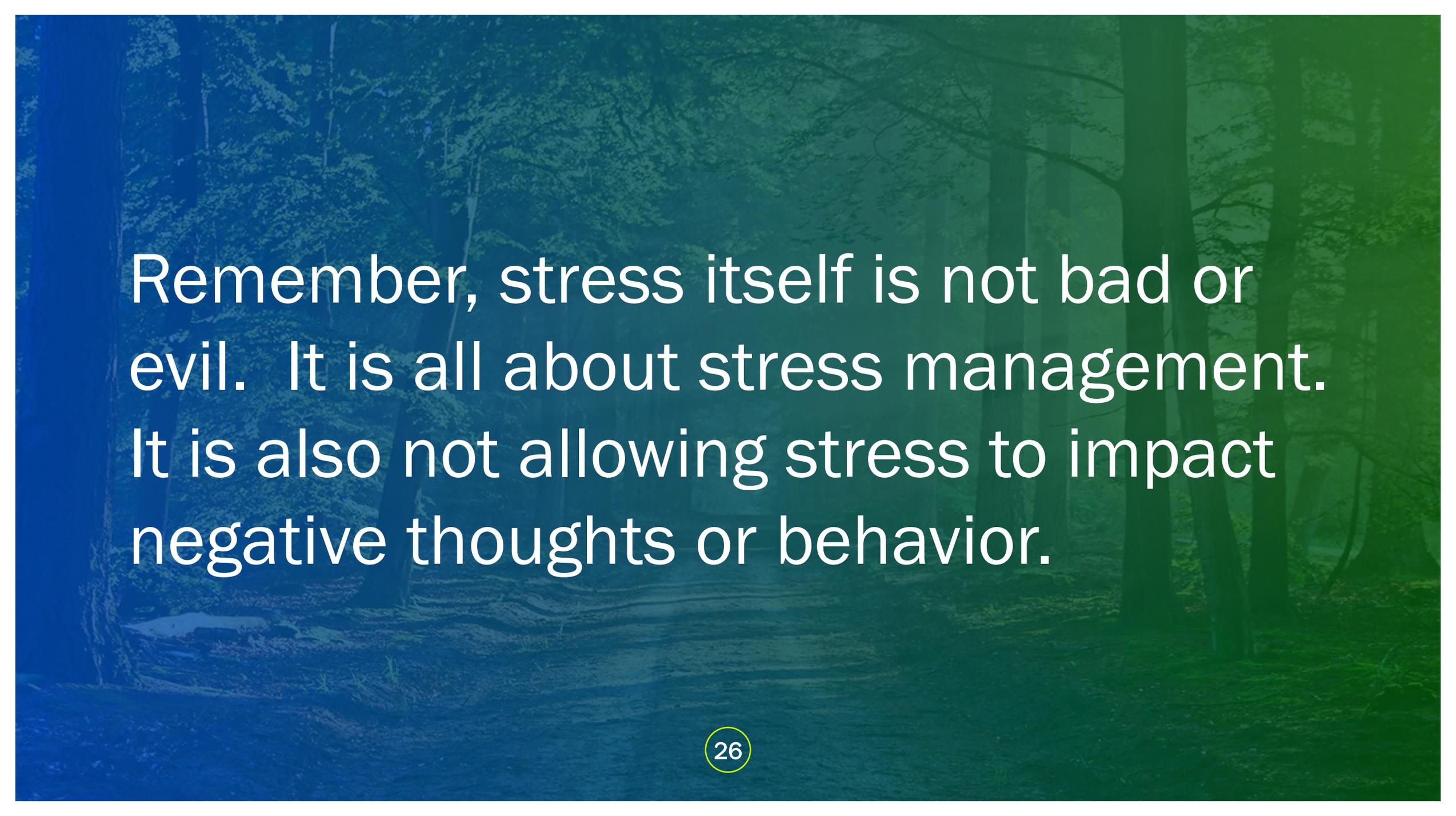
**Establishing support networks:** Develop networks of social support. Do not isolate yourself.

# My Destressor

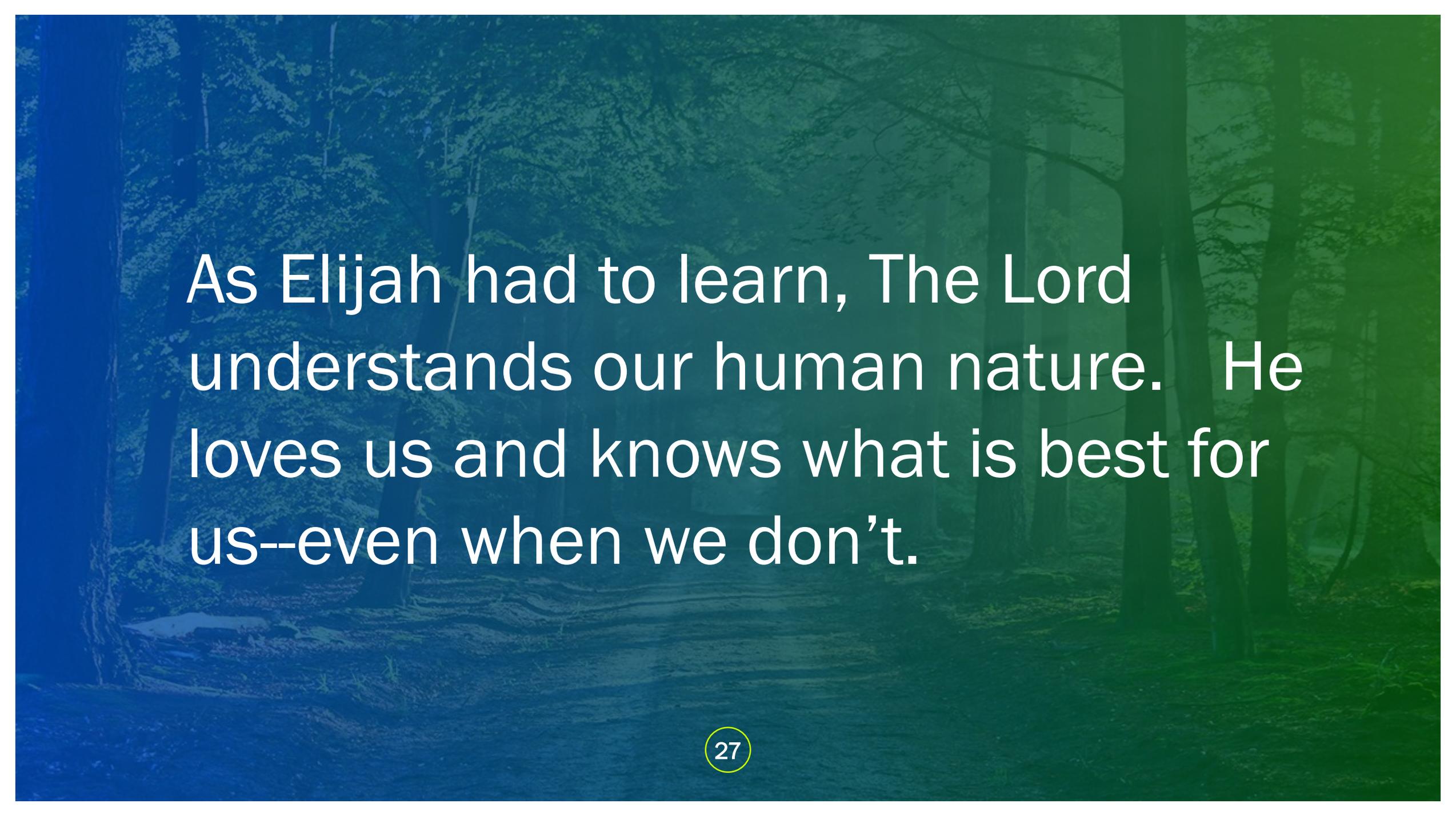
*Relaxing Music*



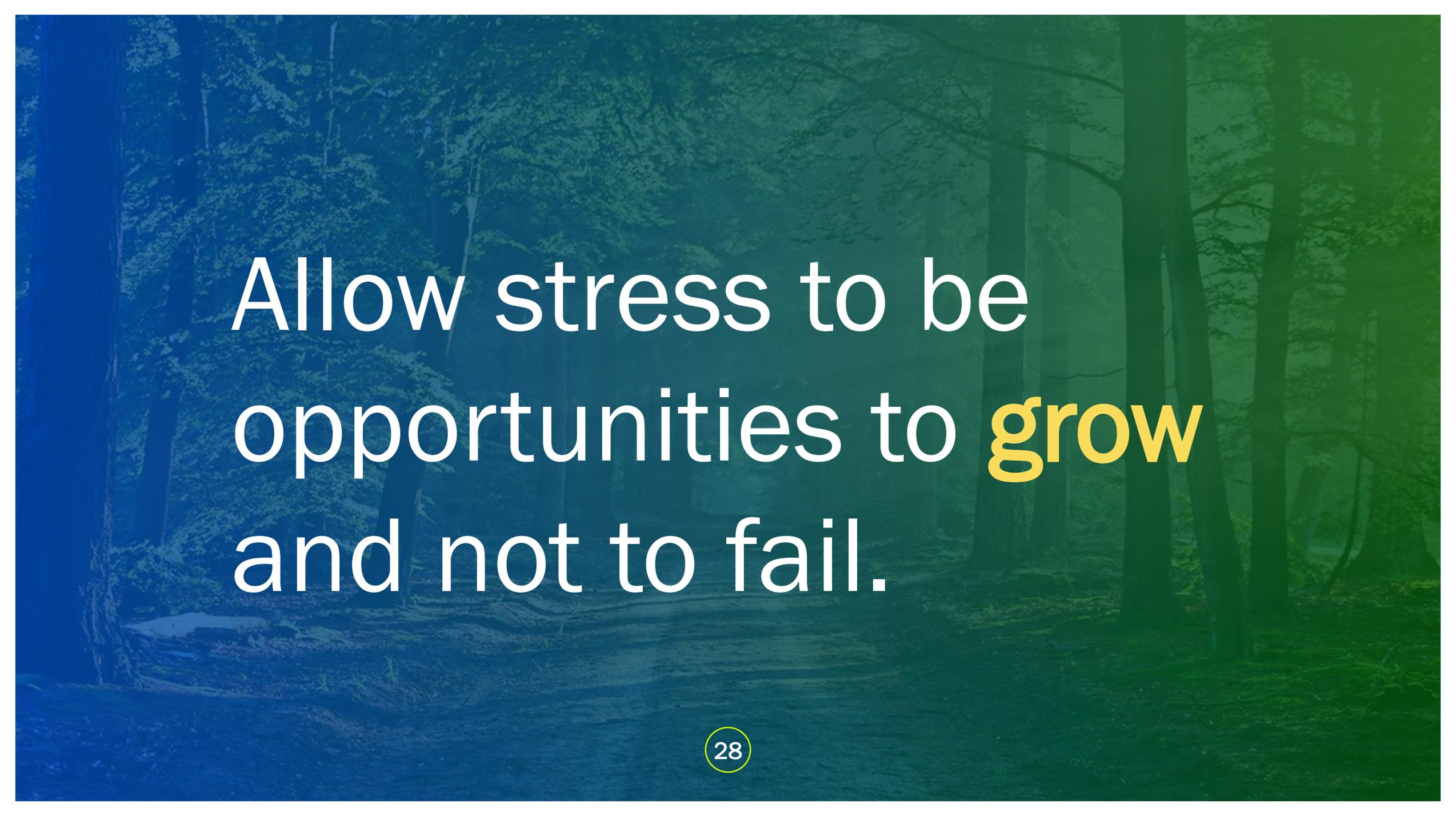
Andre Gagnon - Chanson Sans Paroles



Remember, stress itself is not bad or evil. It is all about stress management. It is also not allowing stress to impact negative thoughts or behavior.

A photograph of a forest with tall trees and a path, overlaid with a blue-to-green gradient. The text is centered in white.

As Elijah had to learn, The Lord understands our human nature. He loves us and knows what is best for us--even when we don't.

A photograph of a forest with tall trees and a path, overlaid with a blue-to-green gradient. The text is centered on the image.

Allow stress to be  
opportunities to **grow**  
and not to fail.



*That's all Folks!*



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