

STRESS and TENSION

Tension: Effort or control used to affect change. A → B

Eustress: Psychological, physical, or biochemical/radiological stress considered beneficial.

Distress: Feeling unable to manage or take responsibility for an outcome.

Symptoms of Distress

- **Anxiety and Fear Response**
Release of “fight or flight” hormones, such as adrenaline and cortisol, to stay on high alert, release glucose for fast energy, change metabolism.
- **Over-active Immune System**
Too much cortisol can lead to inflammation and a weakened immune system.
Upper Respiratory Illnesses (Common cold, rhinovirus, asthma, bronchitis)
Auto-immune diseases (Type 1 Diabetes, RA, Crohn’s, Lupus, Celiac, IBS)
- **Hypertension (high blood pressure)**
High blood pressure increases the risk of heart attack, stroke and other serious health problems.
- **Blood sugar dysregulation (Hyperglycemia, Type 2 Diabetes)**
- **Insomnia**
- **Stress-related habits (coping strategies)**
Abuse of alcohol, drugs, food, lust, etc.

Sources and Causes

- **Expectations:** desired outcomes, accomplishments, goals, or demands
- **Whose choice?** (God’s will, my will, or another’s will)
- **Tension:** control or effort to affect change (dominion, creation, transformation)
- **Whose power?** (Responsibility matching authority)

Prayer Strategies

- Discover the root of the conflict
- Interrogate motive (hyper-responsibility, victimhood, codependence, etc.)
- Realign with God’s will and power.

Repentance Tools

- Sabbath Rest (Mt 11:28-30, Heb 4:9-11)
- Submit to the Lord (Is 48:17-19, Phil 4:13)
- Trust in the Lord (Mt 6:25-34)
- Tension Gauge: Fruit of the Spirit (Gal 5:22-23)