

# Is Stress a Super Hero or a Villian in Your life?



Stress was designed to be our friend. It can improve focus, enhance creatvity and motivate us to get things done. Once the stressful experience is over, we can relax.

However, when we get stuck in our stress response it can make it hard to focus. We may feel exhausted and find it hard to calm ourselves. Sleep may be interrupted and it can be difficult to do even simple tasks. Stress becomes a villain when it never feels like it goes away.

1) Think about how you feel. Are you often tired, scattered and have a hard time remembering things? If the answer is yes, you may be stuck in your stress response.

2) Now think about your child. Describe your child with words for an average day. Use words such as energetic, tired, happy, sad, motivated, lethargic, engaged, distant, flexible, rigid, emotional, stuck, self aware, obsessive thoughts, loving, indfferent, adventerous, ceative, kind, abrupt, social, or isolated.

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3) Do you think your child is stuck in their stress response? \_\_\_\_\_

**PRAYER:** Dear Heavenly Father, I ask You to free my mind from negative thoughts and stress. Help me become aware of anxious thoughts when they arise so I can bring them into Your light. Please take these worries from me: \_\_\_\_\_

I put my trust in You. Help me teach my child how to find the gift of Your internal peace in their soul. In Jesus' name, I pray. Amen.

“Those of steadfast mind you keep in peace—in peace because they trust in you.”  
Isaiah 26:3 NRSV