



## Dealing with Stress by Trusting in God Part I

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Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and He will make your paths straight.

Proverbs 3: 5-6

Most of us including our children have been dealing with a lot of stress during these uncertain times. This prolonged stress can have detrimental consequences to our emotional and physical health.

### How does stress affect the body?

The main stress hormone cortisol can cause a cascade of changes in our body leading to chronic fatigue, elevated blood pressure, diabetes, heart disease, anxiety, depression and sleep deprivation.

### What are some signs and symptoms?

Chronic stress can present differently in adults and children but some signs may include memory problems, inability to concentrate, constant worrying and feeling anxious in adults. Children may have behavior regression, excessive crying, irritability, poor concentration, change in sleeping and eating patterns, and unexplained headache and body pain.

### How do we deal with stress?

More than ever we need to put our trust in God to help us get through this difficult situation in [prayer](#) and reading His word. Our connection to God will result in a sense of peace and develop a positive outlook.

It is also very important to stay connected with family and friends to prevent social isolation that can affect our mental well-being. A strong [social bond](#) can strengthen the immune system and help recover faster from an illness.

Having a sense of [gratitude](#) also improves our mental well-being. I encourage you to be thankful for something every day to keep a positive outlook

We are constantly inundated by information on social media and the news, which can further exacerbate our stress. It is a good practice to try to limit our daily media consumption.

God has given us our marvelous immune system to fight illnesses. It is very important to nurture and strengthen our immune system with adequate [nutrition](#), hydration, daily exercise and 10-30 minutes of [sunshine](#).

It is also very important to continue to treat chronic medical problems and seek medical care when necessary to decrease the stress load on the body.

### How do we help our children deal with stress?

Now more than ever, it is important to observe our children's behavior and take the time to talk to them about their worries. Children are also observing and mimicking the behavior of their parents. Therefore, we must be their role models. We need to show them that there is power in prayer and in having a personal connection to God. It is of utmost importance to keep a normal daily routine for our children, keep them engaged in activities of interest, and foster a strong sense of unity in the family.

### Where can I seek help?

Seek God in prayer and in scriptures, and talk to your pastor, family members, members of the health ministry, and mental health professionals.

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