



## Seasons & The Stress Cycle

1. Which is your favourite season & why?
2. What would you say are the major causes of stress for you? What do you recognise as some of the positives of the stress you experience?
3. What are the tell-tale signs in your life that stress is overloading you?
4. Which of the seven ways to complete a stress cycle appeal to you? Which ones have worked in the past, & which ones do you think you'd find it hardest to adopt?
5. How do you imagine Jesus dealt with stress, & what might this have to teach us about our own faith?
6. How might we empower & assist those closest to us to in embracing these 'stress cycle completing' practices?

## 7 Ways To Complete The Stress Cycle

1. *Physical activity*
2. *Positive social interaction*
3. *Laughter*
4. *Crying*
5. *Physical Affection*
6. *Creative expression*
7. *Breathing*