

Biblical Stress Management Times

Editor & Publisher: Gail Bretan

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Gail Bretan, MS, CRC, is an expert on health and wellness issues and topics focusing on stress management skills.

As a former Pain Program Director with a master's degree in Rehabilitation Counseling, she has helped thousands of people deal with stress & pain, both physically & emotionally.

As a lifelong learner, studying the Bible formally and informally since the age of two, Gail leads study groups & spiritual retrospection.

In connecting her two passions to create Biblical Stress Management, Gail uses Biblical texts and stories to highlight & incorporate modern proven techniques in stress management.

Testimonial Corner:

I can't begin to tell you how much the concepts presented in Biblical Stress

Management has improved my life. It works! I highly recommend the book and CD. It helped me deal with the stress of my mother's illness. Thank you for caring & sharing!

- Susan Kay, MS, IT expert

Biblical Stress Management

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Physical Reactions to Stress

There are many physical and emotional reactions to stress. This month we will focus on breathing.

Imagine driving home, minding your own business, when suddenly someone cuts you off in traffic. What do you do (besides swearing)? Most people hold their breath or breathe very quickly and shallowly. It's just hard to catch your breath.

Or think about the time you heard bad news or watched something terrible on TV. Chances are you held your breath. It's so natural that you probably didn't even notice.

Breathing is taken for granted but is a necessity of life. We breathe in oxygen and exhale the waste product carbon dioxide.

When we diminish the flow of these gases with poor breathing habits, it is harder to cope with stress. Improper breathing contributes to anxiety, fatigue, panic attacks, depression, muscle tension, and headaches.

Breathing awareness and good breathing habits will enhance your psychological and physical well-being. The trick to proper breathing is to shift from chest to abdominal breathing. When you push all the air out from the bottom of your lungs, you create a vacuum that will pull in a deep, diaphragmatic breath with your next inhalation. You'll get more oxygen, which your body desperately needs. You will feel more alive.

- Adapted from Health Magazine Articles

Biblical Solutions

The Breath of Life.

And the Lord...breathed into his nostrils the breath of life and man became a living soul. (Genesis 2:7)

Do you feel alive figuratively and literally? If not, breathing may be just the ticket to feeling like a "living soul" again. It is recommended that taking two deep breaths every hour can make a positive difference in your life by reducing your stress level and increasing your positive energy. One way to do this is to imagine God breathing into your lungs and expanding them just like with the first human, Adam. It might also help to imagine your lungs as balloons filling with air. Breathe in for 4 counts & out for 8. Try it!

If you need more help with this technique, the "Breath of Life" CD can easily lead you through this process. The CD can be ordered on my website.

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