

**Topic:**

Stress Management

**Reading Resource:**

Ten Tips to Manage Stress (WebMD) ([Link](https://www.webmd.com/balance/guide/tips-to-control-stress#1))

**Discussion Guide:**

1. What are some things that bring stress to your life? How do you normally handle stress when it comes up?
2. What are some things you've considered doing to reduce stress?
3. Do you have any habits that you've found helpful in reducing the stresses that come your way?
4. Do you share your stresses with others? If so, has that been helpful to you? Why do you think people benefit from community in this way?
5. Do you find you act differently toward others when you’re stressed? If so, how?
6. How does your faith (what you believe) inform how you manage stress? What from your faith helps you?