



Practical Help for Stressed Christians

Elizabeth Proctor

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Stress is now a huge factor in modern living, with one-third of British workers likely to suffer from it some stage in their careers. Christians are not immune. Indeed it is arguable that they are even more vulnerable to overstress or burnout than secular people because of behavioural expectations relating to God, Church, society, work and the prevailing culture. In order to address these particularities, each short chapter in the book responds to a commonly asked question or typical statement, such as How can I tell if I'm overstressed? ; I'm so disillusioned and swamped at work. I don't know how long I can carry on. ; I'm not managing time for God as I used to. , etc. The authors offer: 1) basic information; 2) material for meditation/reflection; 3) encouragement of some sort; 4) something for the reader to work on.

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