Families or Work are groups of people who share close relationships that change over time. One way to think of it as a system with moving parts where each part is dependent on one another in order to function smoothly. When the group works as a system, each person has specific roles and responsibilities that help other parts of the system successfully fulfill their roles within the system.

However, what happens when there is a part of the system that does not successfully fulfill its role? The other parts of the system cannot complete their duties and then the system begins to malfunction. Which in the end causes much stress.

Stress is an interference in the normal functioning for the everyday system. It can manifest in different ways. Negative stressors can be a variety of things; for example, financial troubles, personality conflicts and many more. A positive stressor could be relocating to a new job. Stressful but a good thing.

All people respond to stressors in different ways—some may argue while others ignore one another and shut down, and there are some who have learned how to successfully handle their stress. Learning how to handle stress is an important skill for all to learn.

Take a second. Stress, either positive or negative, can take a toll on one’s mental, physical, and emotional state. It is important to first process the stressor or event by yourself to gauge where you are on the situation and allow yourself to embrace your feelings about the stressor.

Pinpoint where the stress is coming from. Being able to identify what exactly is causing the disruption in the group can help you to find solutions.

Identify your support system. Who will you go to when you need to talk? Who will help you and your group during this time? Identifying people who will be in your support circle will mitigate feelings of being alone during the stressful time and can be a source of comfort.

Do some damage control. Check in on the people who the stressor directly affected. Then take time to talk to them about how they are feeling.

Make sure you take care of your mental and physical health at all times.

Come to our Harvest of Holidays Program to learn different techniques to relieve your stress.

Sherman Co.—November 15 at 6:00 p.m. (m.t.) at the Sherman Count Public Library.

Wallace Co.—November 16 at 6:00 p.m. (m.t.) at the Sunflower Extension District office.

Cheyenne Co.—November 17 at 6:00 p.m. (c.t.) at the CSM Trading Event Room, 214 West Washington Street, St. Francis