

Coping with Stress on the Mission Field:

the good, the bad & the addictive

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Ways of Coping with Stress

- Facing it
- Working through
- Escaping
- Medicating against

the good...

- acknowledgement of stress
- identify specific sources of stress
- mindfulness of effect of stressors
- mind/body/spiritual practices

the bad....

- Shutting people out / Isolation
- Acting out
- Not dealing with anger properly
- Compromised work

the addictive...

- Over eating / Under eating
- Substance abuse
- Physical self-harm
- Technology use
- Pornography

In 2011 a study published in The Journal of Sex Research showed results from interviews with 782 U.S. college students:

- 58% of men said they viewed pornography once a week or more.
- On average, first exposure to pornography among men was 12 years old.
- For men and women, the frequency of viewing pornography was correlated with more casual sexual relationships.
- For men, frequency of viewing pornography was correlated with a lower satisfaction with sex and relationships.
- For men and women, those who reported more types of pornography (videos, images, magazines, purchased videos, pay-per-view videos, books, telephone hotlines) also reported more intercourse partners, more casual sex partners, and younger age of first sexual intercourse.

Porn is a drug

- Same neurological effects as cocaine
- More addictive because of constant variety
- Actually changes the brain

Enticement of Porn

- ✧ Requires no personal/emotional investment
- ✧ No vulnerability
- ✧ Absolute control
- ✧ Similar feelings of sex without any of the risk
- ✧ Availability, Affordability, Anonymity

- Porn is a drug.
- It has real consequences
- Porn is not really about sex
- H.A.L.T.

Summary

- In what ways have you seen stress manifested in the missionaries that you care for?
- Have your missionaries been open and receptive to encouragement around self-care?