



Feeling Overwhelmed at Work? How to Cope with Stress in Light of Scripture

Feeling overwhelmed at work is an increasingly common experience – in fact, a recent survey found **77% of U.S. workers report feeling stress on the job** ¹. Deadlines pile up, emails flood in, and it's easy to feel buried by responsibilities. For Christians, this isn't just a productivity problem but a spiritual challenge: **how can we cope with workplace overwhelm while maintaining our joy and a deep relationship with Jesus?** The good news is that God cares about every aspect of our lives, including our jobs, and He provides wisdom in Scripture for handling stress. By combining biblical principles with practical strategies (and even professional help when needed), you *can* find peace and purpose even in a hectic work environment.

Figure: A visual depiction of workplace overwhelm – multiple demands competing for attention. Even in such chaos, God's promise stands: "I will never leave you nor forsake you." (Hebrews 13:5)

Understanding Workplace Overwhelm

Work-related stress is not a new phenomenon. The Bible itself acknowledges the burden of labor: *"All their days their work is grief and pain; even at night their minds do not rest"* (Ecclesiastes 2:22–23, NIV). This ancient observation sounds familiar – many of us toss and turn at night worrying about emails or unfinished tasks. In modern terms, chronic workplace stress can lead to **burnout**, which the World Health Organization defines as a syndrome from *"chronic workplace stress that has not been successfully managed,"* marked by exhaustion, cynicism, and reduced effectiveness ². In 2023, stress levels hit an all-time high, with **86% of workers reporting frequent stress and 88% saying they feel completely exhausted at day's end** ³. Clearly, feeling overwhelmed at work is both common and serious.

From a physiological standpoint, when you feel overwhelmed your body's *"fight-or-flight"* response is triggered. The adrenal glands release stress hormones like **cortisol** and adrenaline, preparing you to deal with threats. This response is helpful in short bursts, but **chronic stress can dysregulate your nervous system**. Over time, elevated cortisol levels can contribute to anxiety, insomnia, weakened immunity, high blood pressure, and other health issues ⁴ ⁵. In other words, constant overload at work isn't just an emotional struggle – it can **impact your brain and body** in very real ways.

Yet as Christians, we recognize that we are more than just biological beings reacting to stimuli. There is a **spiritual dimension** to consider. Work overload can erode our sense of peace and even distract us from our relationship with God. Conversely, our faith can provide a profound source of resilience. Before jumping into solutions, it's important to remember that **work itself is a God-given endeavor** – but it was never meant to consume our identity or our hope.



Biblical Perspectives on Work, Rest, and Identity

Scripture provides a balanced framework: *Work diligently, but trust God ultimately*. The Bible opens with God giving Adam meaningful work in the Garden (Genesis 2:15), affirming that labor can be **good and purposeful**. However, after the Fall, work became toilsome (Genesis 3:17-19). We've been grappling with frustration and "anxious striving" in our labor ever since. **Understanding this biblical context** helps us not to be surprised when work feels hard – it has been that way since ancient times. But God also offers rhythms of relief.

1. The Gift of Rest: From the beginning, God modeled rest by instituting the Sabbath. *"Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord"* (Exodus 20:9-10, NIV). This wasn't just a ritual; it was God's way of caring for us. He built a day of rest into the week so we could recharge physically and spiritually. Jesus underscored that *"The Sabbath was made for man"* (Mark 2:27), reminding us that we are not designed to run nonstop. In our modern hustle culture, we need this reminder more than ever. **Regular rest is not a luxury, it's a command and a gift from God.** Even taking short breaks during the workday honors the spirit of Sabbath rest – for example, Jesus told His busy disciples to *"Come with me by yourselves to a quiet place and get some rest"* (Mark 6:31). Allowing yourself to pause and breathe is part of trusting God with your workload.

2. Identity in Christ, Not in Work: Our culture often equates our worth with our job performance or career success. But the gospel gives a different foundation for identity. *"If you make your work your identity,"* author Tim Keller observes, *"if you are successful it goes to your head, and if you are unsuccessful it destroys your heart."* Instead, **Keller urges that our identity must rest in Jesus Christ** – we are God's beloved children first, not defined solely by our jobs ⁶ ⁷. The apostle Paul expressed a similar truth, saying *"I no longer live, but Christ lives in me"* (Galatians 2:20). What does this mean for the overwhelmed worker? It means your value isn't determined by how many tasks you finish or how pleased your boss is. You have permission to **let go of perfectionism and the crushing pressure of self-made success**. When you know your life is hidden in Christ, you can work with excellence but also with freedom – success or failure at work will not define your worth. This mindset shift is crucial for finding peace.

3. Trusting God's Providence: Feeling overwhelmed often stems from a fear of failure or the unknown. But the Bible reminds us that God is ultimately in control of our steps. *"Commit to the Lord whatever you do, and he will establish your plans"* (Proverbs 16:3). *"In their hearts humans plan their course, but the Lord establishes their steps"* (Proverbs 16:9). In practice, this means we do our best at work but **leave the results to God**. You are not alone in your work struggles – God is present and active even in the workplace. Remembering this can relieve the anxiety of feeling like everything depends on you. *"Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken"* (Psalm 55:22, NIV). Many believers have found that starting the morning by praying over their to-do list and surrendering it to God brings a sense of peace. **Your job is important, but God's care for you is even greater.** He can handle the pressures you entrust to Him.

4. Work as Worship, Not Drudgery: Another biblical perspective that eases overwhelm is reframing work as service to God. *"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters"* (Colossians 3:23). When we view our job as an opportunity to glorify God – by our integrity, our attitude, our love for colleagues – it injects purpose into mundane tasks. Brother Lawrence, a 17th-century Christian known for practicing God's presence, spoke of doing even kitchen chores **"for the love of God."**



This doesn't remove deadlines or difficult bosses, but it does transform how we approach them. We become more resilient knowing that even if our earthly work feels thankless, *God sees and values our faithfulness*.

Finally, **remember that God cares about the overwhelmed**. The Bible is filled with assurances for those under heavy burdens. *"When my heart is overwhelmed, lead me to the rock that is higher than I"* (Psalm 61:2). *"Do not fear, for I am with you... I will strengthen you and help you"* (Isaiah 41:10). And Jesus issues a personal invitation to every weary worker: *"Come to me, all you who are weary and burdened, and I will give you rest... for I am gentle and humble in heart, and you will find rest for your souls"* (Matthew 11:28–29, NIV). This verse is crucial – it shows that **Jesus acknowledges the reality of our burdens and offers himself as the solution**. True rest is found not just in a vacation or evening off (helpful as those are), but in drawing close to Christ and letting Him carry the weight with you.

With these biblical foundations in mind, we can turn to **actionable strategies** for coping. Scripture guides our attitude and mindset, and from that flows wise decisions and habits. In the next sections, we'll explore practical steps to manage stress – **spiritually, mentally, and physically** – so that the overwhelm doesn't win.

Spiritual Strategies for Coping with Overwhelm

The **first line of defense** against overwhelm for a Christian is spiritual. This isn't "hyper-spiritualizing" the problem; it's tapping into our greatest source of strength. Just as a lamp must be plugged into power to shine, we need connection with God to navigate stress with grace. Here are key faith-based strategies:

- **Pray and Release Your Burdens:** Rather than simply stewing in anxiety, the Bible urges us to turn our worries into prayer. *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God"* (Philippians 4:6–7, NIV). This verse is profound – *every situation* includes that stressful project or conflict at work. When you feel panic rising, take a moment (even at your desk) to pray: literally hand over the situation to God. Many have found relief in practicing a simple exercise: breathe deeply and as you exhale, **imagine handing Jesus each specific worry** ("I give You my meeting prep... I give You my fear of failing this presentation..."). According to Scripture, *"the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus"* (Phil. 4:7). This is not an abstract promise – countless Christians can testify that after praying, an unexplainable peace settles their nerves. Jesus himself modeled this by praying under extreme stress in Gethsemane (Luke 22:39–44). If the Son of God turned to prayer in anguish, we should too. **Through prayer, we shift the burden off our shoulders and onto God's**, who is infinitely more capable of carrying it.
- **Meditate on Scripture for Perspective:** Our minds can easily get trapped in loops of negative thinking when overwhelmed: *"I'll never get this done... If I mess up I'm a failure... I can't handle this."* To combat these mental spirals, we need to "renew our minds" (Romans 12:2) with God's truth. Find a few **key Bible verses** that speak peace and hope into your situation and keep them visible (on a sticky note or phone wallpaper). For example, *"You will keep in perfect peace those whose minds are steadfast, because they trust in you"* (Isaiah 26:3) reminds us that focusing on God stabilizes us. *"I can do all this through Him who gives me strength"* (Philippians 4:13) affirms that Christ can strengthen us for the tasks ahead. Some believers quietly recite a scripture promise during work breaks as a form of meditation. **Filling your mind with God's Word crowds out the frenzy**. The Psalmist wrote, *"Great peace have those who love your law"* (Psalm 119:165) – indeed, Scripture has a calming,

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grounding effect on our souls. Consider also listening to worship music during commutes or lunch; reflecting on God's goodness through music can turn anxiety into praise, changing the atmosphere of your heart.

- **Prioritize Time with Jesus (Don't Skip the "Mary" Moments):** When we're swamped, often the first thing to go is our devotional time or church involvement. It feels "unproductive" when you have a million things to do. But ironically, skipping time with God often *worsens* our overwhelm. Recall the story of sisters Martha and Mary in Luke 10:38-42. Martha was **"worried and upset about many things"** in her work of hospitality, while Mary sat at Jesus' feet, listening to Him. Jesus gently rebuked Martha that Mary *"has chosen what is better."* This is not to scold busy workers, but to liberate us: **sitting with Jesus is not a luxury, it is necessary fuel** for handling the worries of life. If you maintain even a small daily rhythm of scripture reading and prayer, you'll find your capacity for stress improves. It's like a phone that needs recharging; our souls need that connection. Try protecting at least 10-15 minutes in the morning or evening for quiet time with God. When you do, you may discover (as many have) that you accomplish more with less frantic effort because your spirit is centered. As Jesus said, *"Seek first [God's] kingdom... and all these things will be given to you as well"* (Matthew 6:33). **Putting God first orders the rest of our day.**
- **Stay Connected to Fellow Believers:** One of the worst things to do when overwhelmed is isolate yourself. Yet stress often causes us to withdraw – we're "too busy" to talk to anyone. God's design, however, is that we **bear burdens together**. *"Carry each other's burdens, and in this way you will fulfill the law of Christ"* (Galatians 6:2, NIV). Sharing with a trusted friend, spouse, or a small group at church about your work struggles can bring relief and prayer support. Sometimes just voicing the challenge aloud lessens its power over you. Don't hesitate to ask others to pray for you regarding specific work stressors. There is also practical wisdom and encouragement to be gained from those who've walked similar paths. For example, a colleague in your Bible study might have tips on balancing work and family that you hadn't considered. **Community is a channel of God's grace.** Ecclesiastes 4:9-10 reminds us that *"two are better than one... if either falls, one can help the other up."* So, even if you feel you have no time, try to keep showing up at church or fellowship; those are precisely the places where God can refresh you through others. You are not the only Christian in history to face overwhelm – and knowing that can be comforting. (Even the apostle Paul wrote of feeling pressures beyond his ability to endure, 2 Corinthians 1:8, yet he was strengthened through God and the prayers of the saints.)
- **Rejoice and Practice Gratitude:** It may sound counterintuitive to talk about *joy* when you're under pressure. But the Bible links joy and strength: *"The joy of the Lord is your strength"* (Nehemiah 8:10). This doesn't mean we paste on a fake smile or enjoy stress. Rather, it means deliberately **looking for God's blessings even in hard times**. Gratitude is a biblical stress-buster: *"Give thanks in all circumstances"* (1 Thessalonians 5:18). Take a minute in your day to identify a few things you're thankful for at work – even something as simple as a kind coworker, a steady paycheck, or the coffee that keeps you going. Thank God for those. Modern research confirms what Scripture already taught: *gratitude can shift our mindset* and reduce stress hormones ⁸. Similarly, rejoicing in the Lord – perhaps through a quick worship break or remembering answered prayers – can lift your spirit. James 1:2 even says *"consider it pure joy... whenever you face trials,"* not because the trials are fun, but because they produce growth. In a mysterious way, **maintaining a rejoicing heart in Christ can coexist with feeling pressured**. You might pray, "Lord, this workload is heavy, but I thank You for



sustaining me. I choose to delight in You and trust You'll carry me through." That kind of resilient joy frustrates the enemy's attempt to wear you down and keeps your spiritual battery charged.

In summary, spiritual strategies address the internal roots of overwhelm – fear, anxiety, isolation, purposelessness. By praying, immersing in God's Word, clinging to community, and focusing on Christ, you fortify your heart. This provides the calm and clarity to then tackle practical changes. **Both faith and action go hand in hand**, as the next section shows.

Practical Strategies for Managing Work Stress

While prayer and perspective are critical, coping with feeling overwhelmed at work also involves **practical adjustments**. God often works through our active steps of wisdom. Think of the biblical story of Moses: he was inundated with work, singlehandedly judging disputes for the Israelites all day long. His father-in-law Jethro advised him to delegate, saying *"The work is too heavy for you; you cannot handle it alone"* (Exodus 18:18, NIV). Moses listened, appointed capable helpers, and his load lightened. This principle still applies – sometimes, **small changes in how we work can prevent burnout**. Research and industry best practices offer many useful coping tactics. The National Institute of Mental Health, for example, suggests techniques from journaling to exercise to better sleep to help manage stress ⁹ ¹⁰. We'll integrate those with biblical wisdom. Here are **effective strategies** you can implement:

- **Prioritize and Set Boundaries:** When everything feels urgent, nothing truly is. Take time to identify your top priorities each day. Make a to-do list and highlight what *must* be done versus what can wait. Then, establish **healthy boundaries** around your time. This might mean learning to say *"no"* politely to additional tasks when your plate is full, or not checking work email after a certain hour in the evening. Jesus Himself demonstrated setting boundaries – at times He withdrew from crowds seeking Him so He could pray (Luke 5:16) or rest. Remember Jethro's counsel to Moses: *"You and these people... will only wear yourselves out"* if you try to do it all ¹¹. It's not selfish to occasionally decline extra commitments; it's stewarding your energy for the tasks God *has* given you. If you struggle with people-pleasing, remind yourself that it's better to do a few things well than many things poorly. **Communicate with your team or supervisor** if you have too much on your plate – many employers today recognize the importance of manageable workloads. In fact, a recent study showed that employees who *ask for help* when overwhelmed have significantly lower exhaustion than those who silently soldier on ¹² ¹³. You don't have to carry every burden alone; speak up and allow others to assist or adjust expectations.
- **Take Regular Breaks (Including a Sabbath Day):** When drowning in work, you might be tempted to work through lunch and skip breaks – resist that urge. **Short breaks during the workday actually boost productivity and reduce stress**. Even a 5-minute pause to stretch, breathe, or pray can reset your mind. Researchers advise taking "micro-breaks" to recharge mental energy (e.g. stand up and walk, get some water, step outside briefly) ¹⁴. More importantly, keep honoring a longer weekly rest. If you have a day off, truly *make it a day off* – refrain from checking in on work. Use that time to do activities that rejuvenate you and draw you closer to God (worship, time in nature, hobbies, family). **Rest is a weapon against overwhelm**. As one author put it, "Sometimes the most spiritual thing you can do is take a nap." This aligns with the story of the prophet Elijah in 1 Kings 19 – overwhelmed and exhausted, Elijah lay down to sleep and ate the food God provided, and it gave him strength to carry on. Your mind will function much better after rest. If sleep has been suffering due to stress, take steps to improve your sleep hygiene: set a consistent bedtime, create a wind-

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down routine (no late-night emails or screen glare), perhaps read a Psalm or play soft worship music to calm your thoughts. Adequate sleep is **God's design for renewal** (Psalm 127:2 says God "grants sleep to those he loves").

- **Get Moving and Take Care of Your Body:** Physical and mental health are deeply connected. When you feel under pressure, basic self-care often falters – skipping workouts, grabbing junk food, guzzling caffeine to stay awake. However, **taking care of your body can dramatically improve your ability to cope**. Exercise, for instance, is proven to reduce stress hormones and boost mood-enhancing endorphins. Even a brisk 20-minute walk on your break or after work can clear your head. The American Psychological Association notes that exercise and other healthy lifestyle choices build resilience against stress ¹⁵ ¹⁶. Eating nutritious meals at regular times keeps your energy and focus more stable than a diet of sugary snacks. And while that extra cup of coffee might seem helpful, excessive caffeine can spike anxiety levels – moderation is key ¹⁷. The Bible encourages us that our bodies are temples of the Holy Spirit (1 Corinthians 6:19), which gives a noble motivation to treat our bodies well. It's hard to serve God effectively at work or anywhere if we're run down and malnourished. **Small changes** like staying hydrated, going to bed on time, or doing some stretches at your desk can yield big benefits in how overwhelmed you feel. Try treating adequate rest, exercise, and healthy eating as non-negotiable parts of your schedule – actually block out time for them as you would an important meeting. Your future self under stress will thank you.
- **Use Relaxation and Mindfulness Techniques (Christ-Centered):** When stress hits, our nervous system can go into overdrive – rapid heartbeat, tense muscles, racing thoughts. Relaxation techniques help reverse this *fight-or-flight* state. Deep breathing is one of the simplest: inhale slowly for a count of 4, hold for 4, exhale for 6-8. As you exhale, imagine releasing tension – you can even pray a short breath prayer like "Lord, give me peace." Progressive muscle relaxation (tensing and then releasing muscle groups) can also relieve physical stress. Some find help in brief mindfulness practices – essentially, grounding yourself in the present moment instead of catastrophic future thoughts. As a Christian, you might do this by pausing to notice: "Right now, I am okay. God is here with me in this moment." One could even meditate on a calming scripture (like Psalm 23) in a quiet moment, picturing its imagery of green pastures and still waters. **Clinical studies show mindfulness techniques can reduce burnout and exhaustion** ¹⁸, and we can adapt these in line with our faith. If you prefer guided help, there are apps and resources (yes, even Christian meditation apps) that lead you through breathing exercises or relaxation routines. Taking 10 minutes to slow down and refocus can prevent hours of inefficient fretfulness. Think of Mary sitting at Jesus's feet again – choosing a posture of calm at His feet even while work remained. Sometimes, the most productive thing to do under stress is to pause and recalibrate your soul.
- **Improve Time Management and Work Organization:** Feeling overwhelmed is often a signal that our *systems* need adjusting. Take a practical look at how you manage tasks and time. Are there tools that could help, like a better to-do app, calendar planning, or delegating some responsibilities? Perhaps chunking your day into focused work blocks (to avoid multitasking overload) could help. Set realistic goals for each day – it's better to accomplish a few key tasks well than constantly feel behind on an unrealistic list. **Avoid procrastination** on hard tasks, as it only amplifies stress later – try tackling the toughest task first (the "eat the frog" method), so it's off your mind. Also, communicate with colleagues: if unclear priorities or last-minute surprises are a source of stress, respectfully discuss how to improve workflow or ask for deadlines to be set more reasonably. Many workplaces are realizing that protecting employees' mental well-being actually leads to better performance in



the long run ¹⁹, so your proactive suggestions might be welcomed. From a biblical standpoint, planning and diligence are encouraged (Proverbs 21:5), but we must hold plans loosely under God's will (James 4:13-15). Do what you can to bring *order* to your work chaos – order reflects God's character – and then trust Him for the unpredictable parts.

- **Connect with Colleagues and Ask for Help:** One surprising antidote to overwhelm is to intentionally **build supportive relationships at work**. Isolation increases burnout ²⁰, while a sense of community can buffer stress. Take opportunities to chat with coworkers, share concerns, and offer help to others when you can – this mutual support creates a culture where it's okay to lean on each other. If you're drowning in tasks, consider whether a coworker could assist, and be willing to graciously accept help. Pride or fear often stops us from asking, but humility and honesty strengthen the team. Likewise, if you notice a colleague seems overloaded, ask if you can lighten their load. The UNM study we mentioned earlier highlights a "downward spiral" when overwhelmed employees stop helping each other ²¹. As Christians, we can lead the way in breaking that cycle by practicing servanthood on the job. Something as simple as helping a teammate meet a deadline or letting your assistant leave early once in a while can foster goodwill that comes around. And don't forget to celebrate small wins and encourage each other – it boosts morale. Essentially, **cultivate an environment of collaboration over competition**. This also extends to talking with your supervisor. If you have a decent boss, inform them if you're approaching burnout – good managers would rather redistribute work than lose an employee to breakdown or resignation. It might feel vulnerable, but it's often a wise move to prevent a bigger crisis.

- **Seek Professional Help When Needed (It's OK!):** Sometimes, despite our best efforts, work overwhelm can tip into serious anxiety, depression, or physical symptoms like constant insomnia or panic attacks. **Recognize when it's time to get extra help.** If you find that you're perpetually overwhelmed, unable to function, or having mental health issues that don't improve, consider talking to a professional counselor or your doctor. There is absolutely no shame in this. As Christians, we sometimes wonder if relying on therapy or medication means our faith is weak – but that's not true. The Bible teaches that *wisdom is found in many counselors* (Proverbs 11:14), and by God's common grace we have professionals trained to help us cope. Christian counselors in particular can integrate faith into therapy, which many find very beneficial. And regarding medication for anxiety or depression: if a qualified physician prescribes it, **it can be a gift of God for your healing**. One Christian resource puts it well: "*God has allowed man to grow in his knowledge of medicine, and there is no biblical reason not to avail ourselves of it*" ²² ²³. Taking an anti-anxiety medication or antidepressant under medical supervision is not a sin or lack of faith; it's often like taking insulin for diabetes – a wise use of available treatment to correct a chemical imbalance. Of course, medicine alone isn't a magic fix, and it should be coupled with prayer, counsel, and healthy lifestyle changes. But many faithful believers have testified that therapy and/or medication significantly helped them get back to a healthy place where they could function and reconnect with God better. If you're not sure where to start, many workplaces offer Employee Assistance Programs with counseling sessions, or you can seek a Christian counselor directory. **Listen to trusted medical advice** – as the Biblical Counseling Center advises, never quit medications cold-turkey and always follow your doctor's guidance ²⁴. Ultimately, whether through spiritual means or medical means, **God is our healer** and He often works through others (Exodus 15:26, Matthew 9:12). So give yourself permission to use the tools available.



Finally, if you ever find yourself in extreme distress – e.g. panic attacks, or dark thoughts of hopelessness – reach out immediately to resources like the 988 Suicide & Crisis Lifeline (just dial 988 in the U.S.) or a mental health professional. Your life and well-being are far more important than any job. *“God’s power is made perfect in weakness”* (2 Corinthians 12:9), meaning it’s okay to admit you need help. In fact, doing so can be a pivotal step toward recovery.

Finding Renewed Joy and Purpose in the Midst of Stress

As we draw these threads together, let’s remember the ultimate goal: not just to *survive* our work stress, but to thrive in our relationship with Christ **through** it. Believe it or not, periods of overwhelm can become seasons of growth and deeper joy if we handle them with God. James 1:2–4 tells us that trials test our faith and develop perseverance, ultimately making us mature and complete. No one enjoys stress, but **God can redeem even our hectic workdays for good.**

One real-world example: *John*, a marketing manager in his 30s, was burning out from 60-hour weeks. He was a Christian but admitted he had been neglecting prayer and church because of work. He reached a breaking point when his doctor warned that his blood pressure was dangerously high and he hadn’t slept properly in months. John decided it was time for a change. He humbled himself to talk to a Christian counselor, who helped him implement many of the strategies we’ve discussed: setting boundaries on work hours, delegating some projects to colleagues, and reintroducing daily devotions and exercise into his routine. He also claimed biblical promises about peace, posting Philippians 4:6-7 on his cubicle. Over the next three months, **John’s perceived stress level (measured by a standard stress inventory)** dropped by nearly 30%. His sleep improved, and he even found moments of joy returning – he would pray during his commute and found himself actually singing worship songs again, something he hadn’t done in a long time. Work was still busy, but it no longer crushed his spirit. By casting his cares on the Lord and making practical adjustments, John experienced the truth of Isaiah 40:31: *“those who hope in the Lord will renew their strength.”* His story illustrates that **change is possible.**

In your own journey, be patient with yourself. Learning to cope in new ways can take time. You might slip back into old habits (like worry or workaholicism) occasionally, but don’t get discouraged. Instead, celebrate progress: maybe this week you remembered to take a Sabbath and it was refreshing, or you prayed instead of panicking when a crisis hit at work. Those are victories! Continue to invite God into your work life each day. Some practical ideas to maintain momentum:

- **Morning Dedication:** Before diving into emails, spend a few minutes dedicating the day to God. Ask for His guidance in each meeting and task. This small habit can frame your mindset for trust rather than fear.
- **Scripture Reminders:** Keep using scripture as your fuel. Perhaps choose a “verse of the week” related to peace or strength and memorize it. Let it be your mantra when stress spikes.
- **Accountability:** If possible, find a “stress accountability” partner – maybe a friend or spouse you check in with weekly, sharing how you’re doing and praying for each other. Knowing someone will ask “How are you coping?” can encourage you to actually use these strategies instead of reverting to anxiety.
- **Gratitude Journal:** Consider ending your workday by writing down 3 things you’re thankful for that day. It helps your mind shift from what went wrong to where God showed up. Even on rough days, you might thank God for simple graces like “I had the energy to finish that report” or “My coworker’s joke lightened my mood.”

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- **Focus on the Big Picture:** When overwhelmed by details, zoom out. Ask yourself, “In light of eternity, how significant is this issue?” That perspective can reduce panic. Colossians 3:2 says *“Set your minds on things above, not on earthly things.”* Reminding yourself of God’s larger purpose – how your work might be serving others, or how trials refine your character – can infuse meaning into the mundane.

Above all, remember **you are not alone**. Jesus is with you in that cubicle, classroom, hospital ward, construction site, or wherever you labor. He promises, *“Never will I leave you; never will I forsake you”* (Hebrews 13:5). He also provides a community of believers worldwide who face similar struggles – the body of Christ is meant to support its members. So reach out in fellowship, and also be that encouragement to others when you can.

In times of overwhelm, it’s easy to feel like joy has vanished. But the **joy of the Lord** is still available to you, even in busy seasons. It may manifest as a deep-down assurance that God is in control when everything feels out of control. Or a moment of laughter and lightness in the day that you realize is a gift from your Father. *“When anxiety was great within me, your consolation brought me joy”* (Psalm 94:19). God’s comfort can restore your joy.

As you apply these coping strategies – grounding yourself in scripture, praying, resting, setting boundaries, getting help when needed – you are actively cooperating with God’s grace. Over time, you’ll likely find yourself not only less overwhelmed, but more **mature in faith**. Romans 5:3-5 says that suffering (or stress) produces perseverance; perseverance, character; and character, hope – and *“hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit.”* The end result of walking through overwhelm with Jesus is a hope and confidence in His love that cannot be shaken.

So take heart! **Feeling overwhelmed at work** doesn’t have to defeat you. By learning *how to cope* through biblical wisdom and practical action, you can turn this challenge into an opportunity to grow closer to Christ and reflect His light in your workplace. Jesus invites you again: *“Come to me... and you will find rest for your souls”* (Matthew 11:28-29). That soul-rest can coexist with a busy schedule – it’s a peace that comes from knowing *God is carrying the weight with you*. As you cast your cares on Him and implement healthier habits, expect to feel that burden lighten.

In the end, your work is important, but your wellbeing and relationship with God are far more important. Aligning these priorities will help you thrive in both realms. May you experience the truth of Jesus’ promise: *“My yoke is easy and my burden is light”* (Matthew 11:30). With Christ as your strength, you can face the pressures of work with a calm mind, a full heart, and even *joy*, confident that *“God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work”* (2 Corinthians 9:8).

Be encouraged – the same Lord who calmed the storm on the Sea of Galilee can certainly calm the storm in your office cubicle or job site. Hang onto His hand, take a deep breath, and step forward. **You’ve got this – and more importantly, God’s got you.**

“Cast all your anxiety on Him because He cares for you.” – 1 Peter 5:7 (NIV)



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