

**"You Are Not Alone " Workshop**  
**Presenter, Missionary Linda Winn**  
**Mississippi Southern First Pastor's Wives Circle President**



**Group Activity (Sharing Time):**

**Stressful Situations**

Please select at least two issues from the list below. In your group, you will discuss how you would advise someone that's dealing with these stressful situations. Then, you will select a presenter from your group to share your responses. Please support with scriptures and real life experiences.

**Life Events:** death, divorces, illness, job loss, marriage

**Relationships:** difficult relationships with friends, family, parents, and children

**Everyday Tasks:** household chores, taxi driver for family and church

**Organizing Events:** planning complicated events, parties, other church events.

**Experiencing Crime:** crime in your area, going to court, relatives arrested, witnessing killing, being burglarized

**High Pressure Moments:** A.C. breakdown, someone cut you off on highway, lost of job public speaking engagement

