

Coping with Stress

All of us experience stress in our lives and it is normal. However, increasing numbers in our population from young children to our older citizens are complaining about being stressed. As Christians we are not immune from stress. In this seminar, I hope to look at the causes of stress and some strategies that may help us to cope with stress. If we do not deal with stress in a healthy way, it can lead to distress and even disease.



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Kuruvilla George (KG) is originally from Singapore. He completed his medical education in India and his post-graduation as a psychiatrist in the UK. He currently lives in Melbourne Australia and recently retired as the Director of Medical Services at Peter James Centre and Wantirna Health and Clinical Director of Aged Person's Mental Health and ECT for Eastern Health. KG was also a Clinical Professor at Deakin University and Clinical Associate Professor at Monash University.

He served as the deputy chief psychiatrist for the state of Victoria from 2002 to 2012. KG and his family lived in India as missionaries from 1986 to 1995. He was the general secretary of the Evangelical Medical Fellowship of India and travelled widely visiting medical colleges and mission hospitals ministering to health care professionals. His experience includes a period as Doctor, with Operation Mobilization's first ship the MV LOGOS. Kuruvilla is married to Margaret who is from the UK and has four grown children and four grandchildren.