

How You Can Find Spirit-Filled Hope in Times of Stress

The journey of 2020 has brought with it a roller coaster of emotions. And learning how to navigate a new normal while handling the daily and added pressures of life can be a tall task. Dr. Brian Upton, director of counseling services at Evangel University, offers a unique perspective on how to effectively handle stress during this unprecedented season on a recent episode of *Charisma Connection* on the Charisma Podcast Network.

Upton draws upon knowledge gained in his private practice as well as his almost two decades worth of experience thoughtfully guiding college students to discover who they are and who they were created to be. His practical strategies and perspective will encourage you to find hope in the midst of these trying times.

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