

Anxiety & Control:

40 Million American Adults struggle with some form of anxiety and 19.1% of the population are diagnosed with an Anxiety Disorder. It's more of the norm than an exception.

Anxiety: Feelings of worry, nervousness, or unease; typically, about an imminent event or something with an **uncertain** outcome.

- Anxiety feels like fight or flight mode. Never being able to stop overthinking, overanalyzing, over worrying. It lets your thoughts run your life."
- "It's like walking through a field of land mines with one clear path, but with every step, the path changes and you have no idea when the mines will explode. Every step is uncertain; it makes you second guess everything in your life."

Five major Types of Anxiety: <https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

1. **Generalized Anxiety Disorder:** Chronic anxiety, **exaggerated** worry, tension with little or nothing to provide comfort. This last for at least 6 months for most days and can affect everyday life and routines and **inhibit** ability to function.

Symptoms:: Restless, easily tired, irritable, muscle tension, difficulty controlling feelings

2. **Panic Disorder:** recurrent panic attacks. Periods of sudden **intense fear** that comes quickly and peaks rapidly. Can be brought on by a **trigger**, like a feared object or situation.

Symptoms: Heart Palpitations, a pounding heartbeat, sweating, trembling, shaking, feelings of impending doom and **out of control**. (Breathing in and out slowly and or counting can help)

3. **OCD: Obsessive Compulsive Disorder:** Recurrent unwanted thoughts or sensations or the urge to do something over and over again to seek relief. Need to constantly check on things, wash hands, keep everything orderly, cyclical thought patterns.
4. **Social Anxiety:** Intense fear about social or performance situations. Feel as though they will be judged by others and this will lead to embarrassment. People will often avoid social situations or settings to avoid feelings.
5. **PTSD:** Develops after exposure to a terrifying event. Fear triggers split-second changes in the body to help defend against danger in a fight or flight response. Triggers can cause flashbacks, bad dreams, freighting and sometimes debilitating thoughts. One can struggle with negative thoughts because of the event, which can bring on feelings of guilt or shame.

General Forms of Treatment Include:

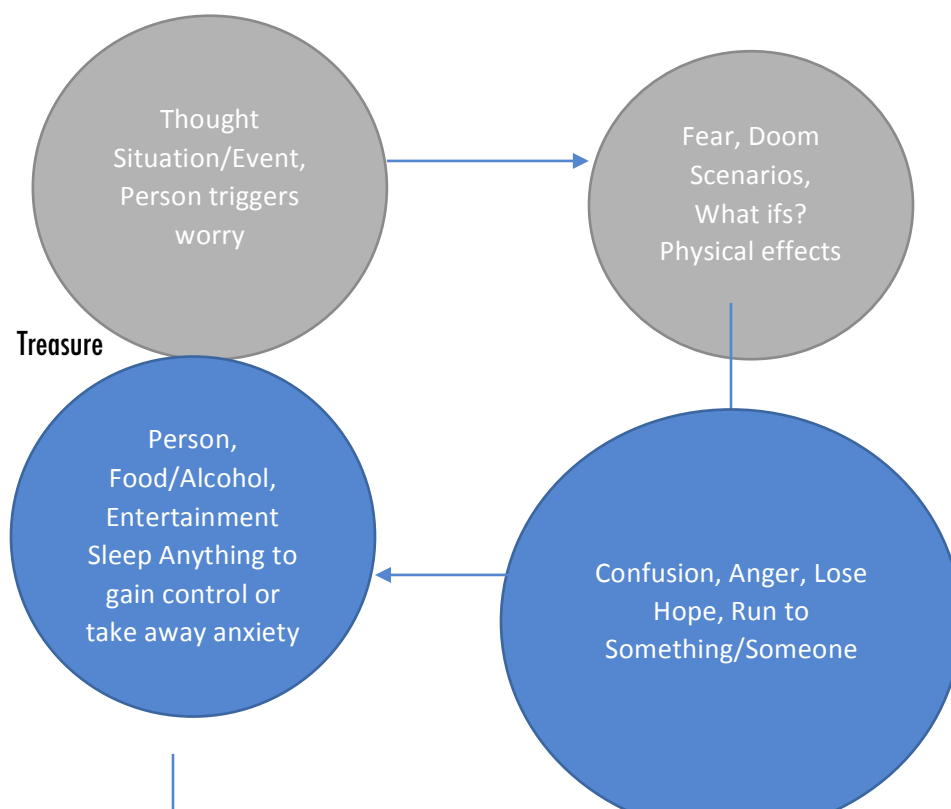
1. **CBT or Cognitive Behavioral Therapy:** Seeks to replace the self-destructive or faulty thinking, unhelpful patterns of behavior with positive thinking, coping skills and problem- solving techniques to help face their situation.

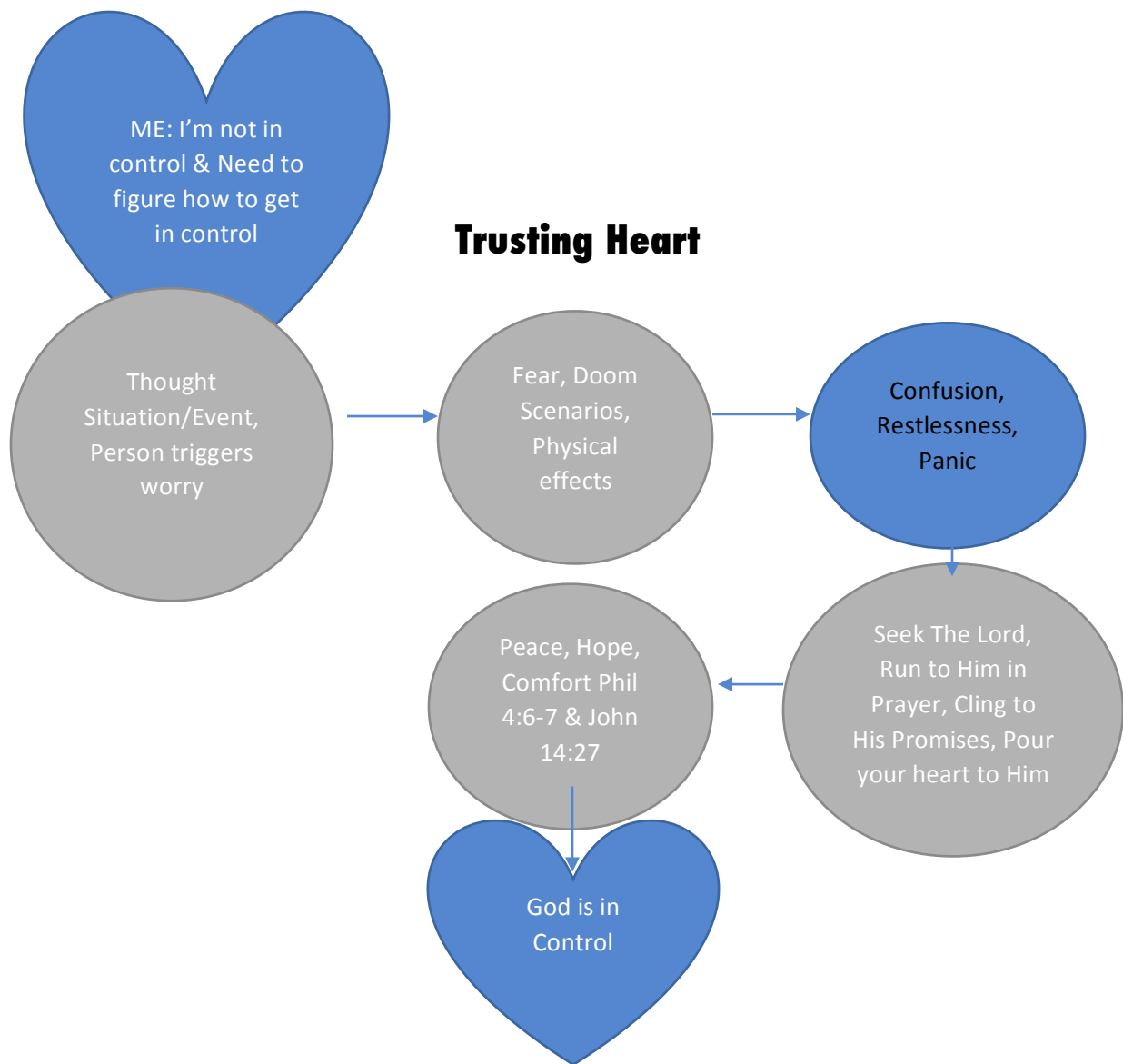
2. Medication: Anti-anxiety meds such as anti-depressants (Zolaf, Lexapro, Prozac) to help control your mood or stress, which take a bit longer and or benzodiazepines, much quicker response, but can become addictive. (Always consult with your doctor and realize these meds can cause side effects (nausea, dizziness, agitated, fatigued), and no med is meant for long-term support in most cases. Meds should be a temporary solution in most cases to get you back on track and thinking clearly.
3. Relaxation Techniques. Mindfulness, yoga, breathing exercises, aerobic exercises
4. Eating Heathy and Making sleep a priority: Cut down on caffeine & nicotine, eat more vegetables, fruit and less sugar. Take vitamins, Folate, Omega 3's.

Basic Observations about Anxiety from a Biblical Lense. (Control & Trust)

1. At its root, anxiety says I want control! I don't feel in control, I don't like feeling unstable, I want to know the answer, I must figure this out.
2. Therefore, anxiety can expose our lack of trust in God and His sovereignty and care over our lives.
3. Anxiety also exposes what and or whom we treasure and or value. If you care for something or someone deeply, you will have great fear in losing that thing. (Spouse, kids, family, job, status, acceptance, money)

Anxious Heart





Charles Spurgeon: "Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength."

Luke 12:22-36: Do not Worry

22 Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. **23** For life is more than food, and the body more than clothes. **24** Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! **25** Who of you by worrying can add a single hour to your life^[b]? **26** Since you cannot do this very little thing, why do you worry about the rest?"

27 "Consider how the wild-flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. **28** If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! **29** And do not set your heart on what you will eat or drink; do not worry about it. **30** For the pagan world runs after all such things, and your Father knows that you need them. **31** But seek his kingdom, and these things will be given to you as well.

32 "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. **33** Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. **34** For where your treasure is, there your heart will be also.

1. What is the thing or things you think and or worry about the most?
2. What do you run too when are you're afraid or anxious?
3. What outcome in your mind, will bring hope or resolution?
4. What does God's Word speak about my situation? (anxiety or fear)
5. Is there something I need to confess, forgive, let go or receive grace in?