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In January 2022,  
28% of Americans  
reported  
symptoms of anxiety  
in the past week.

One out of three of us  
will have a diagnosable  
anxiety disorder at  
some point in our lives.

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# WHAT IS ANXIETY?



## Fear

Response to real, immediate danger



## Anxiety

Neurologically wound up with perception of future unpredictability and uncontrollability, out of proportion to reality



## Worry

Uncontrollable stream of negative thoughts anticipating future threat



## Panic

Overwhelming physical sensations with fear

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# WESLEY ON ANXIETY



17. What he here condemns is, the care of the heart; the anxious, uneasy care; the care that hath torment; all such care as does hurt, either to the soul or body. What he forbids is, that care which, sad experience shows, wastes the blood and drinks up the spirits; which anticipates all the misery it fears, and comes to torment us before the time. He forbids only that care which poisons the blessings of today, by fear of what may be tomorrow; which cannot enjoy the present plenty, through apprehensions of future want.

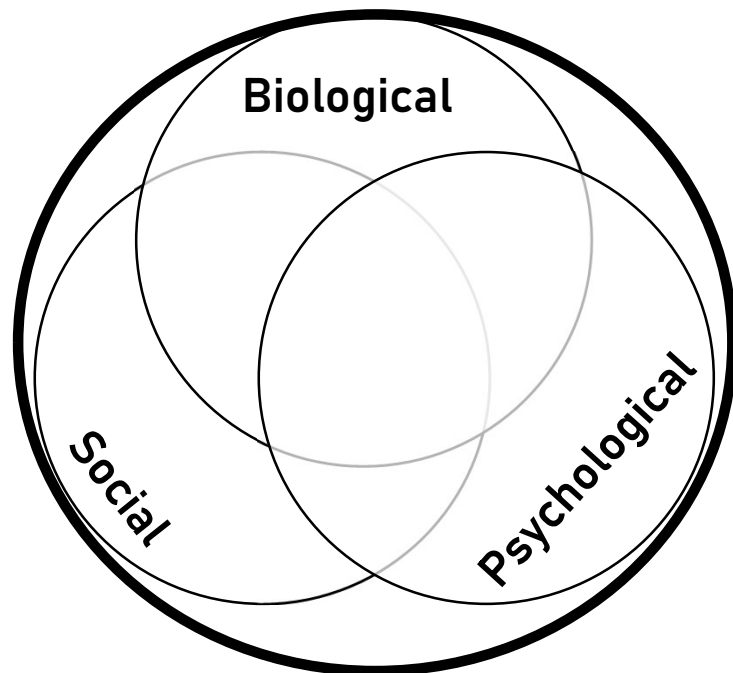
Sermon on the Mount, 9 , p. 479

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# WHAT IS ANXIETY?

**Biopsychosocial  
Self**

**The whole self  
in relationship  
with God**



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# WHAT IS ANXIETY?

**Amygdala**



**Hypothalamus**

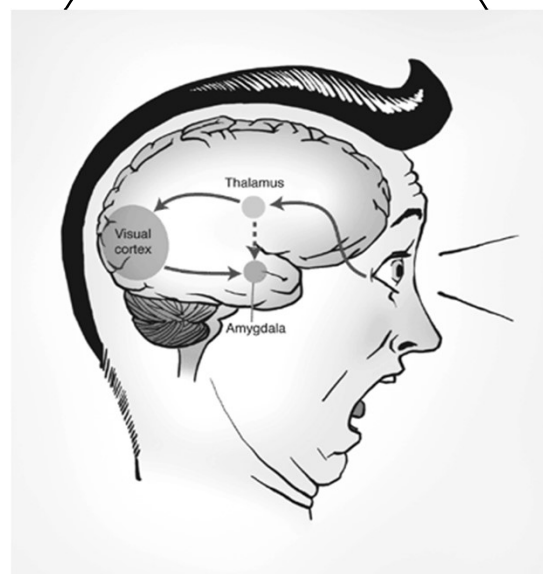


**Pituitary Gland**



**Adrenal Glands**

**Biological**



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# WHAT IS ANXIETY?

**Activation of the Sympathetic Nervous System**

**“Fight, Flight, or Freeze” Response**

## Biological

- stomach pain, nausea, or digestive trouble
- headaches
- insomnia or other sleep issues
- weakness or fatigue
- rapid breathing or shortness of breath
- pounding heart or increased heart rate
- sweating
- trembling or shaking
- muscle tension or pain

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# WHAT IS ANXIETY?

**AROUSAL INCREASES**

Dissociation	<b>FREEZE</b>		Loss of Energy
Numbness	Shame		Helplessness
Depression	Trapped		Shutdown
Panic	<b>FIGHT/FLIGHT</b>		Anger
Anxiety	Worry/Concern	Irritation	Frustration
Fear			Rage
Connection	<b>SOCIAL ENGAGEMENT</b>		In the Present
Safety	Grounded	Curiosity	Compassion


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## FIGHT


- feelings of irritability
- more ready to engage in arguments with family members or members of the public
- hoarding items such as cleaning products or toilet paper
- excessive "competitiveness" for items when shopping and/or criticizing store staff for limited items in stock
- imagining and planning for scenarios where the person might have to fight to survive

## FLIGHT



- "hiding out" - reluctance or refusal to engage in activities medical professionals have deemed safe for the general public like going for walks or grocery shopping
- reluctance/refusal to return to activities once restrictions have been lifted
- passive communication styles or "people pleasing" in order to avoid conflict or confrontation

## FREEZE

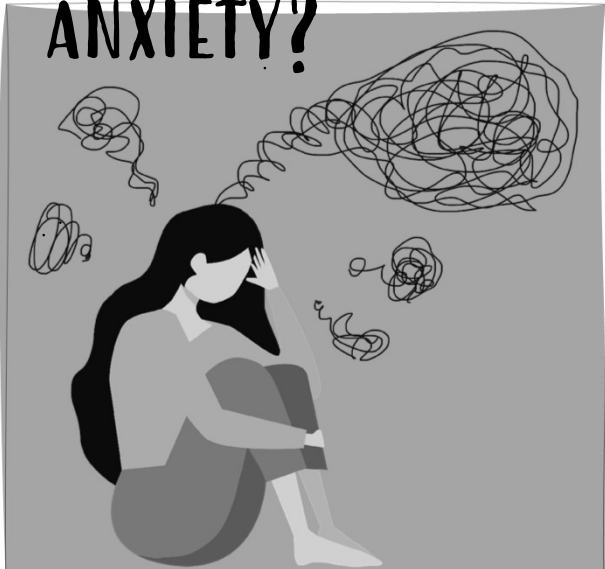


- numbing behaviours such as substance abuse
- increased time spent on social media
- excessive time spent watching TV (when you're not enjoying the show/movie anymore or are not paying attention to the plot line and are watching just to fill time)
- gambling and/or disordered eating

<https://cfsregina.ca/stress-our-fight-flight-or-freeze-response-and-covid-19/>

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# WHAT IS ANXIETY?

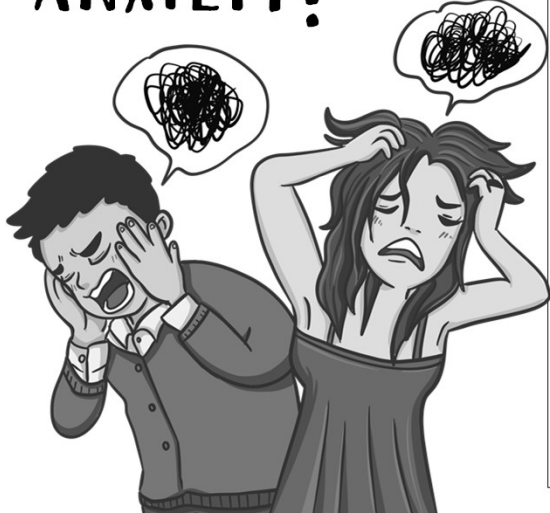


## Psychological

- Worry
- Difficulties concentrating.
- Poor attention and memory.
- Anticipating the worst outcomes.
- Mind often going blank.
- Irrational fears and dread.
- Uncontrollable, obsessive thoughts.
- Feeling as though one is going crazy.

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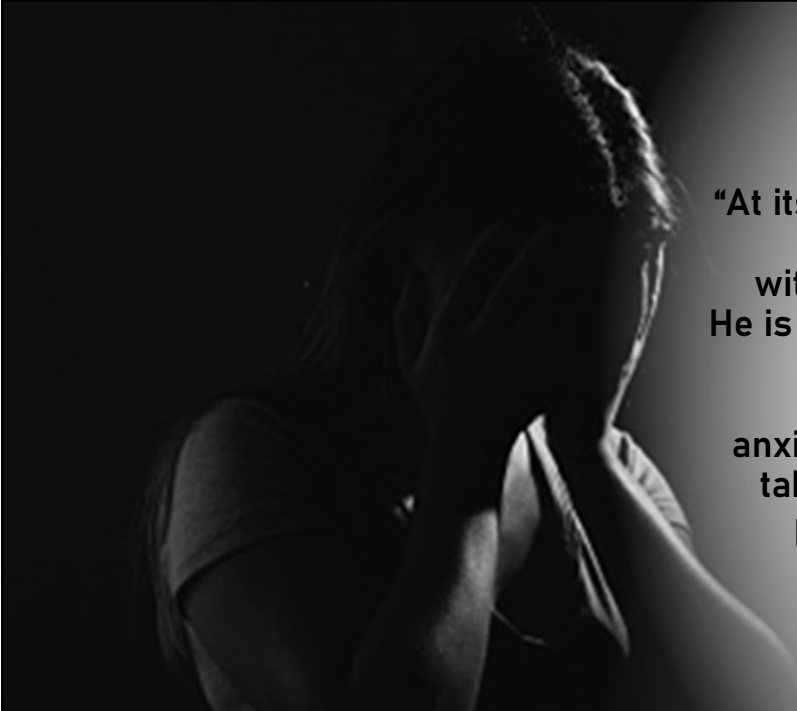
# WHAT IS ANXIETY?



**Social**

- Feeling restless, wound-up, or on-edge.
- Being irritable.
- Difficulty controlling feelings of worry.
- Avoidance.
- Social withdrawal.
- Overreliance on friends and family.
- Dependency.
- Obsessive checking.
- Tearfulness.
- Emotional outbursts.

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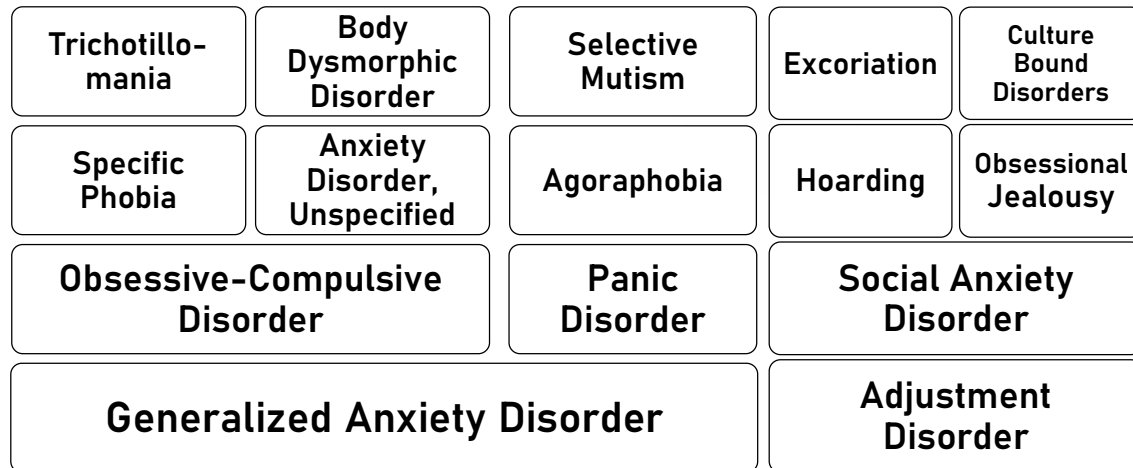


**“At its best, anxiety distracts us from our relationship with God and the truth that He is “Lord of heaven and earth” (Matthew 11:25).  
At its worst, anxiety is a crippling disease, taking over our minds and plunging our thoughts into darkness.”**

BILLY GRAHAM

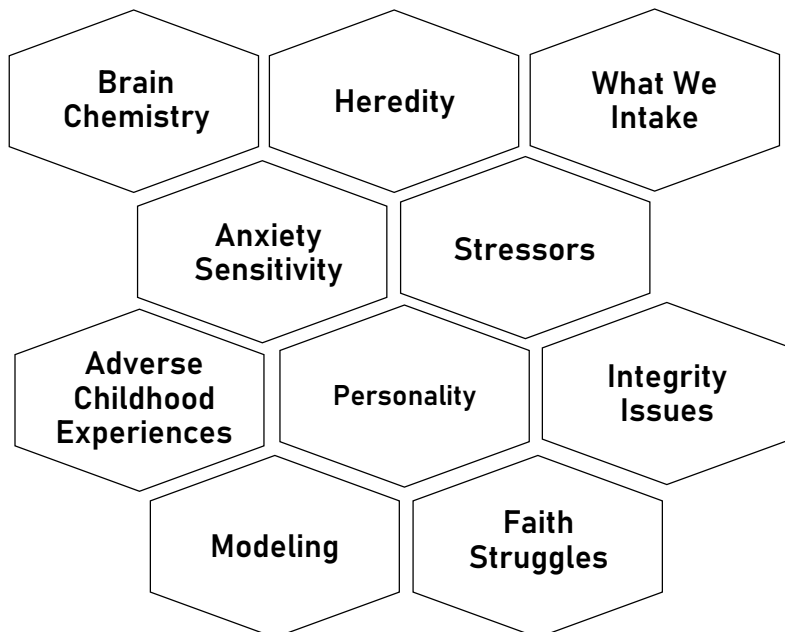
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# WHAT ARE THE ANXIETY DISORDERS?

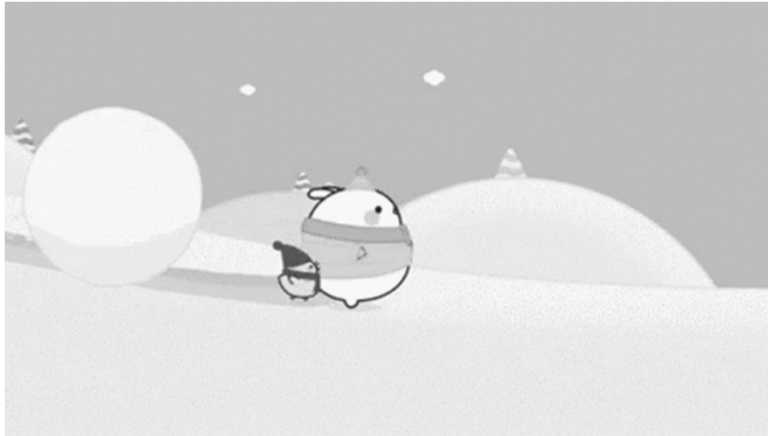


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# WHAT FACTORS CONTRIBUTE TO OUR EXPERIENCE OF ANXIETY ?



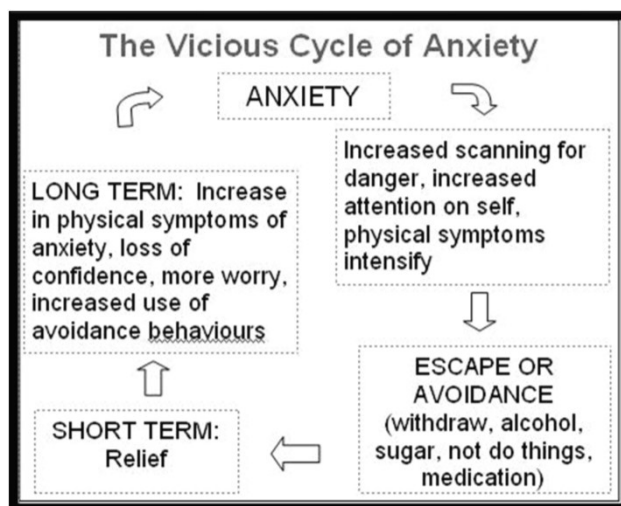
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**Anxiety grows and grows  
until it becomes incapacitating!!**

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## AVOIDANCE REINFORCES ANXIETY



If I avoid every scary thing  
I can just stay home and be safe.

This is kinda lonely,  
And boring.



But it's not a great life strategy.

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But if I avoid every scary thing  
I can just stay home and be safe.

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The most often repeated commandment in the Bible is 'Do not fear.' It's in there over two hundred times. That means a couple of things, if you think about it. It means we are going to be afraid, and it means we shouldn't let fear boss us around.

— Donald Miller, [A Million Miles in a Thousand Years: What I Learned While Editing My Life](#)



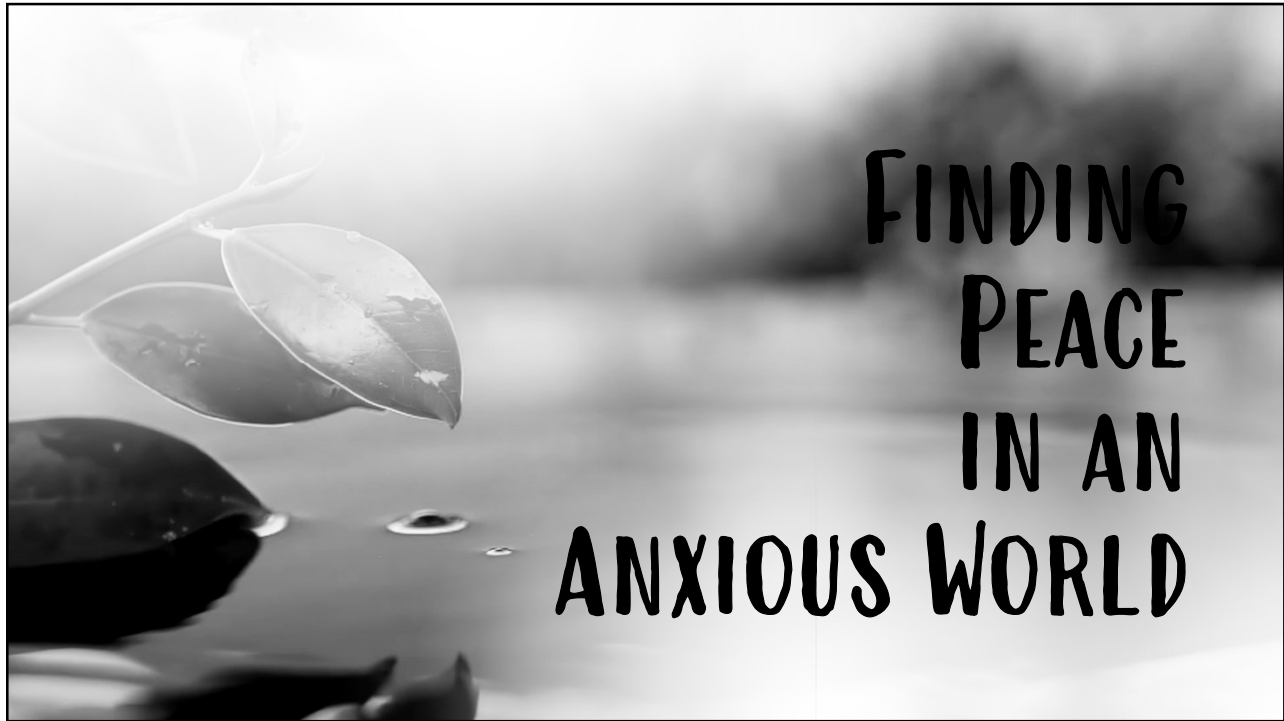
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Before I realized we were supposed to fight fear, I thought of fear as a subtle suggestion in our subconscious designed to keep us safe, or more important, keep us from getting humiliated. And I guess it serves that purpose. But fear isn't only a guide to keep us safe; it's also a manipulative emotion that can trick us into living a boring life."

— Donald Miller, [A Million Miles in a Thousand Years: What I Learned While Editing My Life](#)

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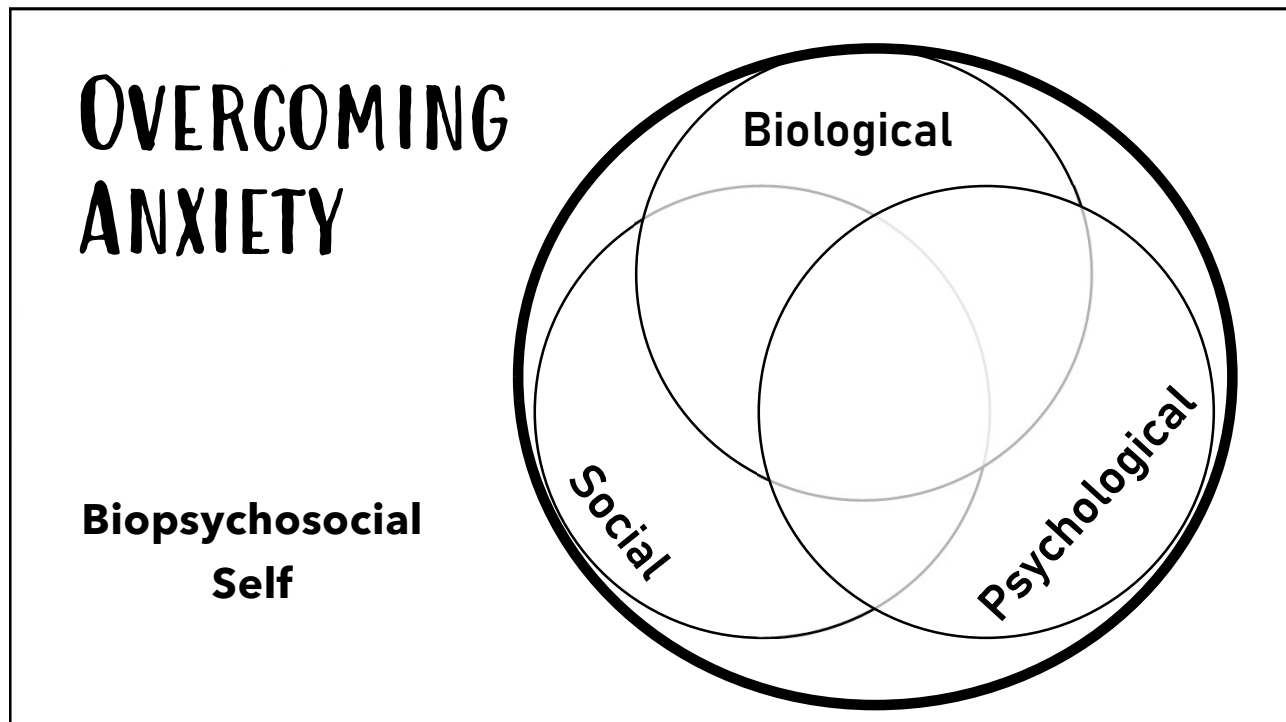
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**SOME  
ANXIETY  
IS GOOD**

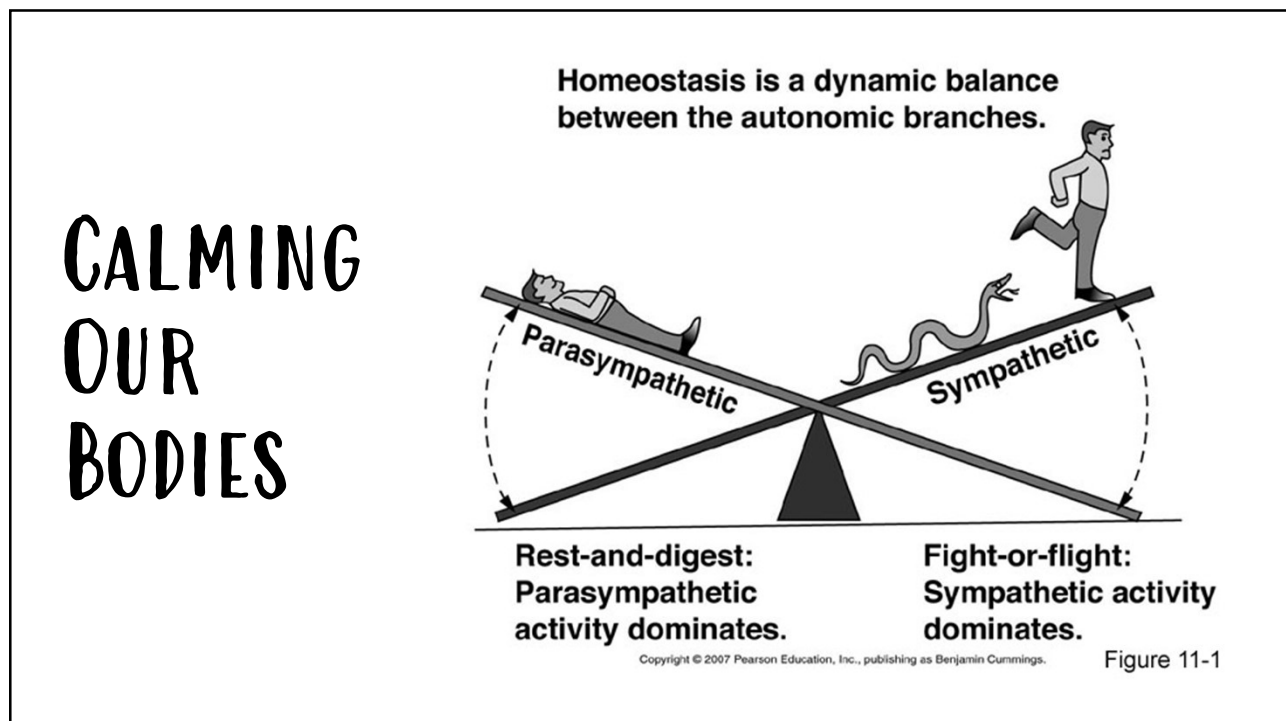


- It Protects Us From Harm**
- It Helps Us Perform**
- It Changes Our Perspective**

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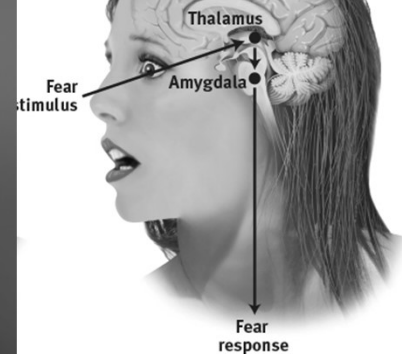
# CALMING OUR BODIES

- Practice Deep Breathing
- Take Time to Be Aware of your Immediate Surroundings (Grounding)
- Try Physical Soothing
- Stay Active
- Progressive Muscle Relaxation or Mental Imagery
- Manage Your Sleep
- Watch Your Caffeine Use
- Get Comfortable with Your Physical Sensations

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# CALMING OUR BODIES

sensory

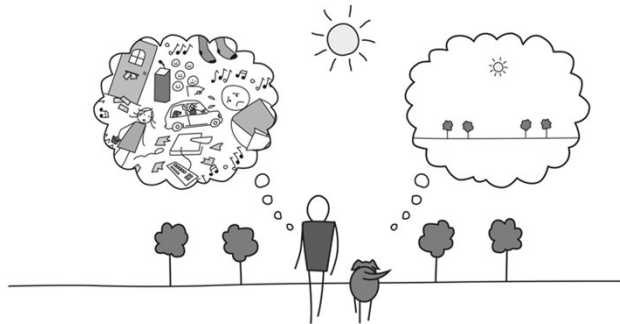
Fear  
stimulus

(b) The speedy low road

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# REGULATING OUR EMOTIONS



Mind Full, or Mindful?

**Mindfulness is a practice of being nonjudgmentally aware of the present moment.**

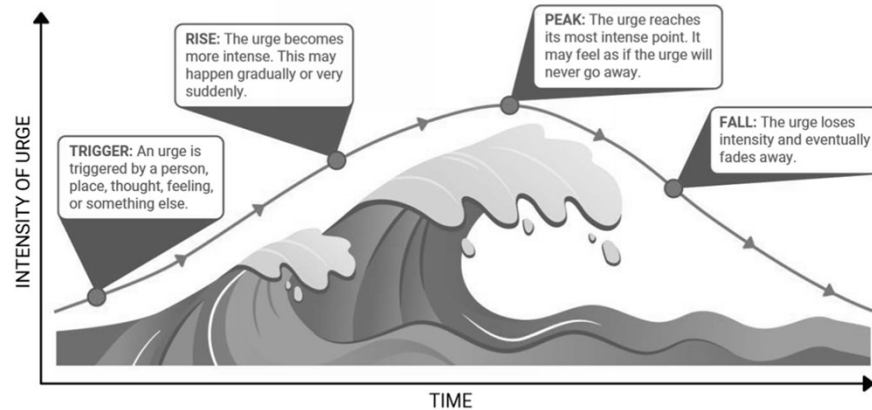
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# REGULATING OUR EMOTIONS

## Urge Surfing



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# REGULATING OUR EMOTIONS

## Contemplative Practice

*"Lord, You are here"*



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# REGULATING OUR EMOTIONS

**Practice  
Awe**



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# REGULATING OUR EMOTIONS



**Laugh**

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Our mind can play tricks on us and influence our thoughts, emotions, and actions. These faulty beliefs are known as cognitive distortions.

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SEARCH ME, GOD,  
*and know my heart;*  
TEST ME AND KNOW MY  
*anxious thoughts*

## REASONING WITH OUR THOUGHTS

Psalm 139:23

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## MARTIN LUTHER AND COGNITIVE DISTORTIONS



“Solitude produces melancholy. When we are alone *the worst and saddest things come to mind. We reflect in detail upon all sorts of evils.* And if we have encountered adversity in our lives, *we dwell upon it as much as possible, magnify it,* think that no one is so unhappy as we are, and *imagine the worse possible consequences.* In short, when we are alone, we think of one thing and another, *we leap to conclusions,* and *we interpret everything in the worse light.* On the other hand, we imagine that other people are very happy, and it distresses us that things go well with them and evil with us.”

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# REASONING WITH OUR THOUGHTS

Emotional Reasoning	Shoulds, Oughts, Musts	Mental Filter
Catastrophizing	Magnification & Minimization	Disqualifying the Positive
All-or-Nothing Thinking	Over-generalizations	Mind Reading
Fortune Telling	Personalization	Striving for Control

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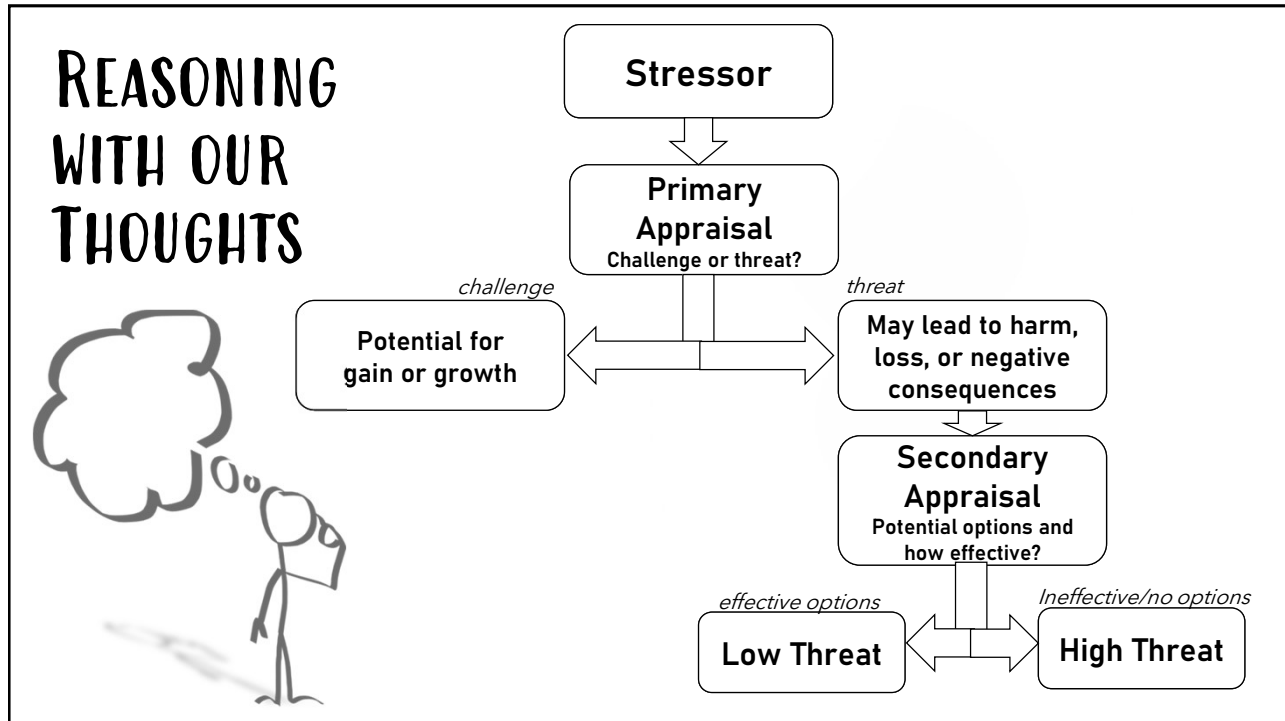
a  
realistic  
fear

a  
perceived  
fear

a  
remembered  
fear

## WHAT KIND OF FEAR IS IT?

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# REASONING WITH OUR THOUGHTS

## Know Scripture

- The Bible says "do not fear time"
- Do not let your hearts be troubled and do not be afraid.
- Do not worry about tomorrow, for tomorrow will worry about itself.
- Cast all your anxiety on Him because He cares for you.
- Perfect love casts out all fear.
- no anything situation, petition, with thanksgiving, present your requests to God.

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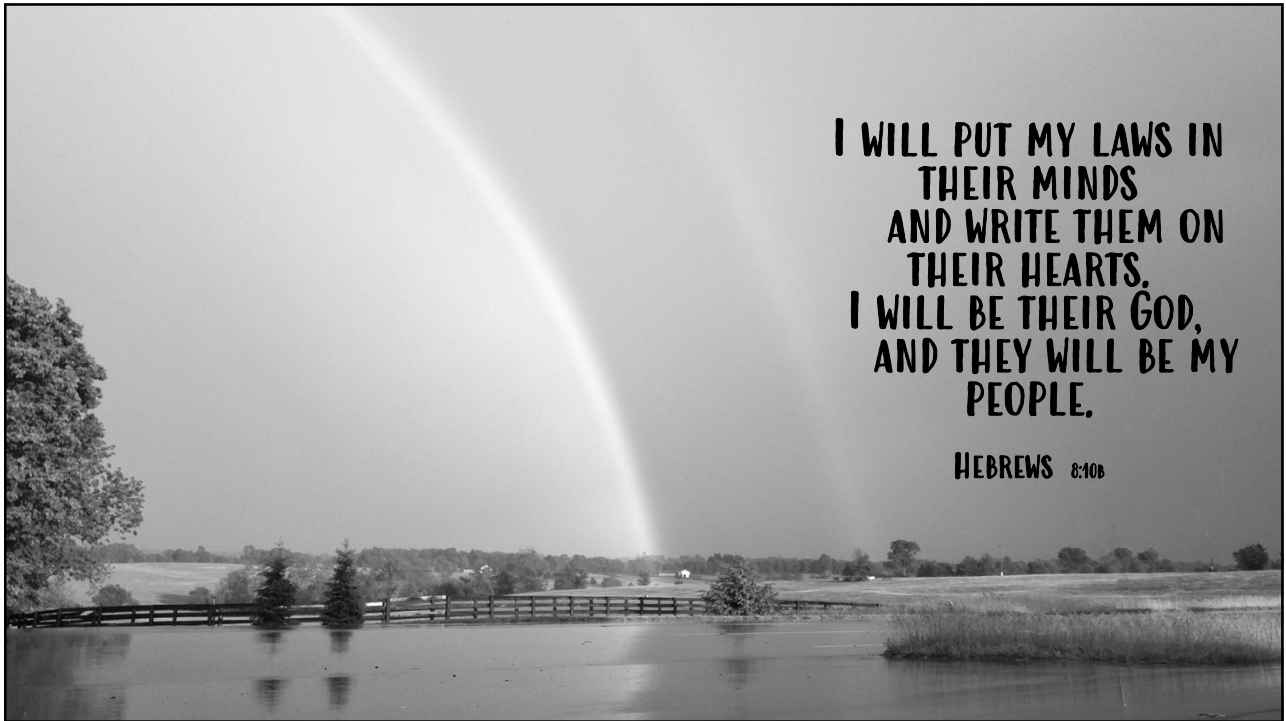
# REASONING WITH OUR THOUGHTS

## Know God

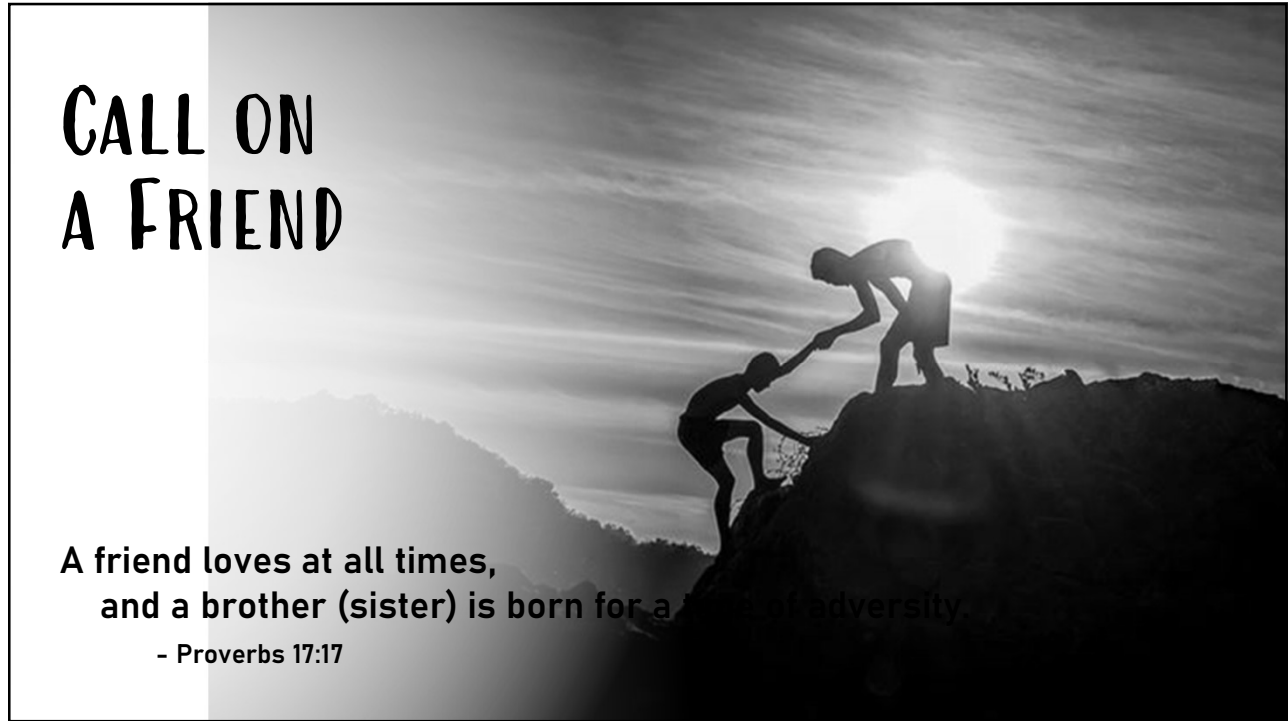
**17 ATTRIBUTES OF GOD**

- ETERNALITY**: God never runs out of resources. *Psalm 90:2*
- PRESENCE**: God is always with me. *Hebrews 13:5*
- IMMUTABILITY**: God never changes His action towards me. *James 1:17*
- SELF-SUFFICIENCY**: God is not dependent on others for my life. *Exodus 3:14*
- OMNISCIENCE**: God knows all I need to live successfully. *Psalm 139:1*
- WISDOM**: God gives me wisdom to live successfully. *1-Cor. 1:20/28*
- SOVEREIGNTY**: God graciously directs every event of life. *Ephesians 1:11*
- LOVE**: God has made me His child. *1-John 3:1*
- OMNIPOTENCE**: God is strong enough to care for me. *Jeremiah 32:17*
- HOLINESS**: God provides guidelines for pure living. *Lev. 19; Is. 6:3*
- JEALOUSY**: God is "fanatical" in His protection of me. *Exodus 34:14*
- GRACE**: God is compassionate towards me. *Ephesians 2:4*
- PATIENCE**: God waits for me to change to be like Him. *2 Peter 3:9*
- GOODNESS**: God generously gives to me. *Psalms 88:5*
- RIGHTEOUSNESS**: God will do what is right concerning me. *Romans 2:6*
- FAITHFULNESS**: God can be trusted to provide for me. *2 Timothy 2:13*
- TRUTH**: God has absolute standards for me. *Numbers 23:19*

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# CALL ON A FRIEND

**A friend loves at all times,  
and a brother (sister) is born for a time of adversity.**  
- Proverbs 17:17

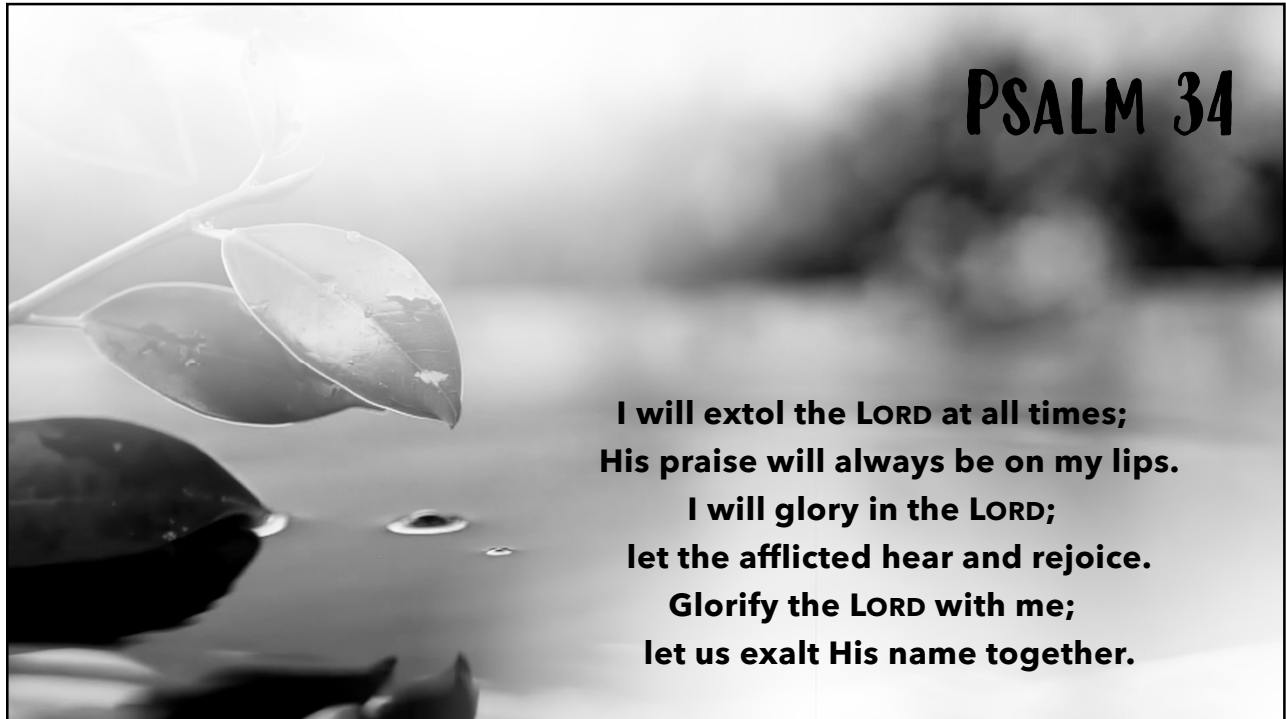
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# CHANGE OUR BEHAVIOR

**Feel the fear and do it anyway.**  
SUSAN JEFFERS

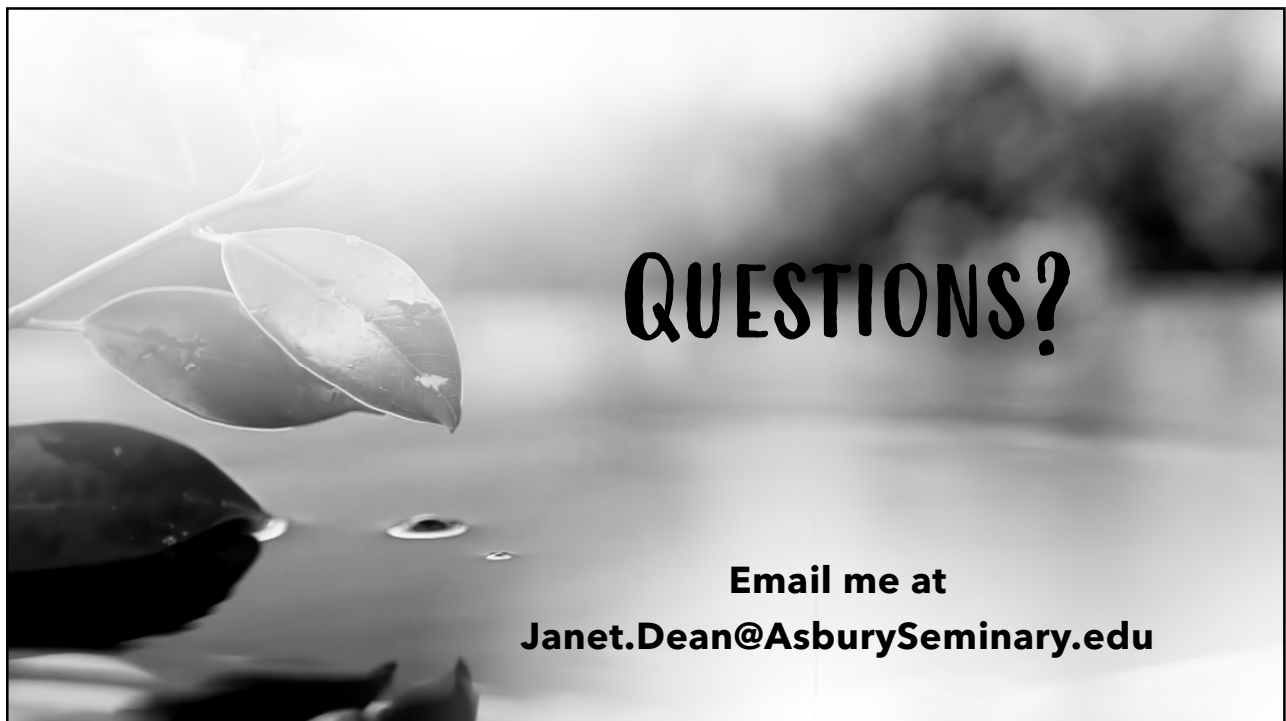
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**PSALM 34**

**I will extol the LORD at all times;  
His praise will always be on my lips.  
I will glory in the LORD;  
let the afflicted hear and rejoice.  
Glorify the LORD with me;  
let us exalt His name together.**

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**QUESTIONS?**

**Email me at  
Janet.Dean@AsburySeminary.edu**

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